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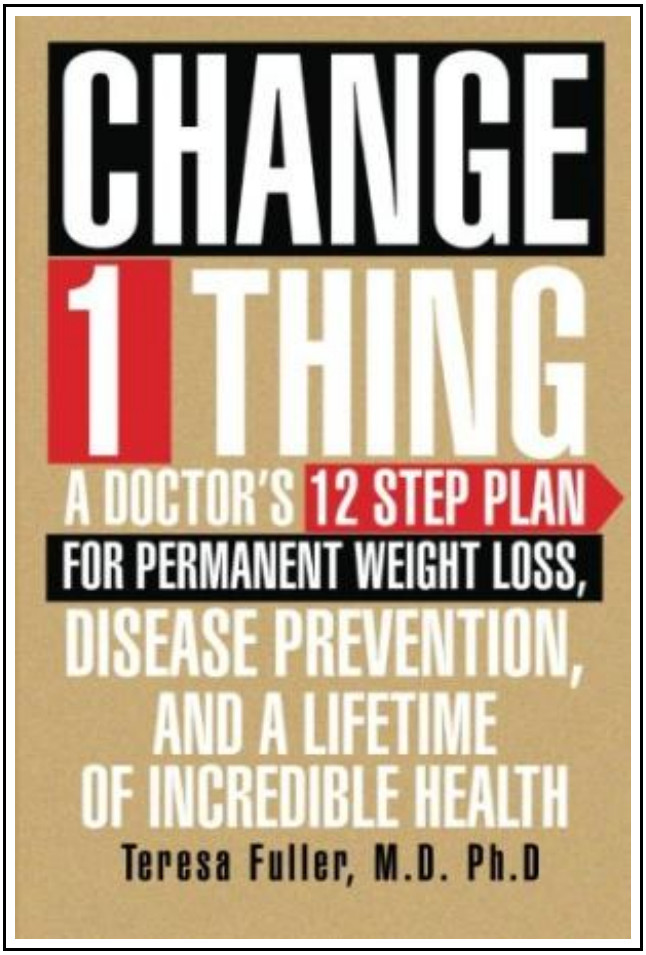

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Xlibris, Corp. Paperback. Book Condition: New. Paperback. 108 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.Is it really impossible to lose weight and keep it off The statistics are discouraging: up to 95 of dieters gain their weight back. But it doesnt have to be that way. Studies show that gradual adoption of specific habits is effective for maintaining weight loss. And even better, a healthier lifestyle gets easier over time. Change 1 Thing! A Doctors 12 Step Guide to Permanent Weight Loss, Disease Prevention and A Lifetime of Incredible Health, is written for people who are frustrated with their failed attempts at permanent weight loss and with their chronic health problems. Dr. Teresa Fuller developed this step-by-step approach in response to countless patients who have asked her how to lose weight and improve their health. This book takes you on a journey of adopting 12 habits will get you the results you want. Since it takes 21 days to establish a new habit, you simply take one month to firmly establish one habit before tackling the next. In one year, you will have completely transformed your lifestyle. As you implement the strategies in this book: You will lose weight You will drastically reduce your risk of the most common chronic diseases today You will gain energy, vitality and mental clarity You will improve the aches and pains that are plaguing you daily You will instill healthy habits in your children This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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