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I Can t Believe It s a Diet: Dr Leon s Lifestyle Solution for Fast Permanent Weight Loss

By Dr Leon Massage

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The majority of overweight people believe that weight loss is impossible for them. They keep trying, but don t really believe they will succeed. But they are wrong. You can succeed at losing excess weight. Weight loss can become smooth and painless once you learn to harness the hormones that control your metabolism and are predisposing you to easy weight gain. To succeed, you need to understand how your body works. And that is exactly what this book will do for you. It will show you how to take control. How to eat, how to exercise and how to think, in order to get your lean and healthy body back. We know that genetics influence 30-50 of weight. Different people have different responses to diet and exercise. Some can eat anything they wish and never gain weight; while others gain weight much too easily. However, just because you have the genetic predisposition to gain weight does not mean that you have to be overweight. You just need to know how to change your chemistry and overcome your genetic...



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