



Easy Weight Loss Without Dieting: 77 Simple Lifestyle Changes to Lose Weight and be Healthier

Lyn Ashby

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In this 50 page book you will discover simple tips and lifestyle changes on how to lose weight and live a healthier life without having to sacrifice the food you love. This is not a diet book, it is a resource for those who want to adopt healthy habits and make small changes that lead to big results over time.

Also included are personal recommendations for overcoming mental challenges and identifying medical issues that may sabotage your weight loss efforts, as well as ideas for healthy grocery shopping trips, simplified exercise routines and mind tricks for losing weight. Written by an empowered foodie with a healthy living mindset who has managed to take control of her health and weight loss destiny through research, self experimentation and personal development (Short book: 19,326 words).

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