



Lose Weight, Gain Money: How to Fatten Your Wallet While Trimming Your Waistline

By Emily Katherine Scardino

Createspace, United States, 2009. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book *****

Print on Demand *****.This book can help you lose weight and save money at the same time, with virtually no effort.

Developing and following this plan helped the author lose excess pounds and pay off all of her debt in the process. Her weight loss method is simple to follow, based on time-tested health information, and takes up almost no time during the day, making it easy for even the busiest people to stick to. It is less a diet than a lifestyle philosophy, designed by a busy Manhattan-based editor who had packed on some pounds and racked up some credit card bills and found the solution to both problems. It will change the way you think about calories, educate you on some of the latest news on weight loss, and convince you that now is the time to take control of your health and finances. It can be used alone, or in conjunction with other diet plans, but if you are not the type to weigh out each chicken breast you eat, or obsessively track each calorie you consume, this...



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Reviews

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