



Unlock the Secret to Weight Loss Victory! Stop Dumb Diets; Eat Food You Like! (Paperback)

By Lyle Gilbertson

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.As a businessman with a lot of problem solving experience, and a person with weight issues, Lyle was frustrated by the patchwork approach taken by diet plans, exercise plans and specialty approaches offered for weight loss. Everything seemed as if it were trying to simply fix only part of the problem, some with exercise, others with diet, and still others with claims of magic pills or food combinations; it seemed like an endless list of short-term fixes. Lyle knew that in business, problems must be fixed for the long-term, which meant determining why the problem existed, and customizing a solution for each individual situation. It s with this simple, and powerful, business principle that this book attacks the real long-term issue of weight loss. This book gives simple and achievable solutions that work. If you re really serious about achieving weight loss, you ll love this unique approach for weight loss success.



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Reviews

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Extensive manual! Its this type of great read through. This can be for all who statte there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Dr. Furman Becker V**