



Minute Motivators for Dieters

By Stan Toler

Whitaker House, United States, 2014. Paperback. Book Condition: New. 178 x 107 mm. Language: English . Brand New Book. Dieting isn't just about what goes into your mouth. It's also about what goes into your mind. Right food choices, direction, determination, and discernment all work together for a successful diet plan. This book is the perfect recipe for helping people lose weight without losing their minds.



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