



Weight Control: A Healthy Approach (Woodland Health Series)

By Ebbert, Todd

Woodland Publishing, Orem, Utah, U.S.A., 2002. Soft Cover. Condition: New. 158054360X New. Weight Control: A Healthy Approach By Todd Ebbert (Author) roduct Description Thousands of weight-loss pills and programs promise you the body you've always wanted. But health experts will tell you that these quick fixes have risks. And when you go off the "miracle" program, the weight you lost invariably comes back. The weight-loss industry doesn't want you to know that it takes more than a pill or a treadmill to keep your weight at a healthy level. Learn how to make your weight-loss program a permanent addition to your life! Product Details Paperback: 32 pages Publisher: Woodland Publishing (November 27, 2002) Language: English ISBN-10: ISBN-13: 9781580543606.



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