



The Weight Loss Coach: Simple Solutions to Lasting Weight Loss (Paperback)

By Benjamin P Bonetti

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Nutritional Life Coach Expert Benjamin Bonetti questions fad diets while exploring the reasons why people gain weight and constantly fail at dieting. Benjamin s renowned for his hard-hitting and direct approach to therapy and holistic health. Live better, never having to diet again. In this, Benjamin breaks down the main reasons why people gain weight, and offers practical and manageable solutions to get you started on your path to ultimate wellness. Benjamin guides you through basic principles on what to do on a daily basis, how to prepare healthy food choices, the theory behind nutrition and how to understand the differences between good and bad. Benjamin also offers a number of healthy breakfast, lunch and dinner choices, including an easy to follow home exercise program. There s something for everyone and with Benjamin guiding you on the path to better health, losing weight and feeling great has never been easier. It is amazing how a few simple changes in my language had such a powerful effect on my food choices. TRULY AMAZING. Marcel Genal I ve lost 15lb without having to think about...



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