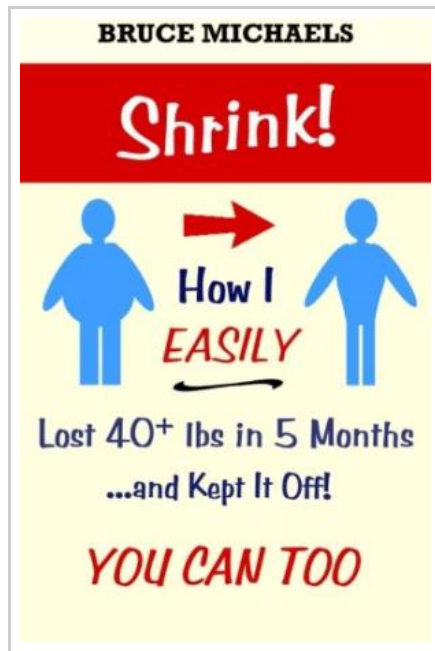




Shrink!: How I Easily Lost 40+ Lbs in 5 Months . . . and Kept It Off!

By Bruce Michaels

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Well, here you are, searching for a book on how to lose weight. The number of such books is staggering; this is just one in a vast ocean. Some of the others are written by doctors, some by nutritionists, others by fitness gurus. You may even have read one or more of them. If you have, why are you looking for another? Didn't it work? Was it too hard to put into practice, too hard to maintain? Were you always hungry? Grouchy? If you did lose weight, did it return? Since you are here, one must conclude you're searching for something that works. Why should SHRINK! offer more success than any of the others? SHRINK!'s author, Bruce Michaels is not a healthcare practitioner, research scientist or fitness buff. Instead, he's an average, reasonably intelligent American man who joined the millions of baby-boomers struggling to control their ever-increasing girth. At its peak, his weight had increased by nearly 38 from his early 20s! Difficult-to-adhere-to diets and diets combined with exercise provided him with limited success....



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Reviews

An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. It's been written in an exceptionally basic way and it is only right after I finished reading this ebook in which in fact modified me, affect the way I really believe.

-- **Beverly Hoppe**

Extremely helpful for all class of individuals. Better than never, though I am quite late in start reading this one. I realized this publication from my I and dad suggested this ebook to discover.

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