



Change 1 Thing: A Doctors 12 Step Plan for Permanent Weight Loss, Disease Prevention, and a Lifetime of Incredible Health

By Teresa Fuller M. D. Ph. D

Xlibris Corporation. Hardcover. Book Condition: New. Hardcover. 110 pages. Dimensions: 9.1in. x 6.3in. x 0.7in. Is it really impossible to lose weight and keep it off The statistics are discouraging: up to 95 of dieters gain their weight back. But it doesn't have to be that way. Studies show that gradual adoption of specific habits is effective for maintaining weight loss. And even better, a healthier lifestyle gets easier over time. Change 1 Thing! A Doctors 12 Step Guide to Permanent Weight Loss, Disease Prevention and A Lifetime of Incredible Health, is written for people who are frustrated with their failed attempts at permanent weight loss and with their chronic health problems. Dr. Teresa Fuller developed this step-by-step approach in response to countless patients who have asked her how to lose weight and improve their health. This book takes you on a journey of adopting 12 habits will get you the results you want. Since it takes 21 days to establish a new habit, you simply take one month to firmly establish one habit before tackling the next. In one year, you will have completely transformed your lifestyle. As you implement the strategies in this book: You will lose weight You...



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