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1 WEIGHT LOSS PLAN, 2 FRIENDS, 3 WEEKS: USING THE BUDDY SYSTEM TO FIGHT FAT



Createspace, United States, 2013. Paperback. Book Condition: New. 200 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.Tight Friends = Loose Pants! Use friendship and accountability to help you reach your weight loss goals and share laughs, tears and lots of fun along the way! The authors were BFFs caught in the endless cycle of yo-yo dieting, having already employed every weight loss tactic on the market. Forget the dress size, they just wondered what...

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- Authored by April Paine, Stacey Wein
- Released at 2013



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