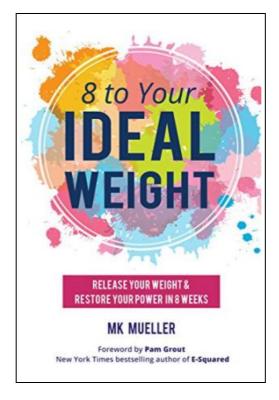
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Reviews

Comprehensive guideline for book lovers. It is really simplified but excitement in the fifty percent in the publication. Your daily life period is going to be change as soon as you full looking at this book.

(Kayley Lind)

8 TO YOUR IDEAL WEIGHT: RELEASE YOUR WEIGHT RESTORE YOUR POWER IN 8 WEEKS (PAPERBACK)



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Mango Media, United States, 2017. Paperback. Condition: New. Language: English. Brand New Book. 100 million Americans are looking for a solution to weight issues. 8 out of 10 Americans have dieted with less than a one-third success rate. Popular Ted Talk speaker and coach, MK Mueller, has the answers in a revolutionary new program that is changing lives for the better. Diet books have been a lucrative staple since the 1970 s when the Atkins book became a sensation with over 20 spin-offs and a food franchise, selling over 30 million copies, according to The New York Times Author MK Mueller has been featured in Woman s Day Magazine and her work has been recommended on The Dr. Phil Show. Mueller s newsletter goes to over 10,000 readers every month and has 2500 certified coaches teaching her 8 to Great program. 95 of diets fail and most will regain their lost weight in 1-5 years (75 of American women surveyed endorse unhealthy thoughts, feelings or behaviors related to food or their bodies Source: Three Out Of Four American Women Have Disordered Eating, Survey Suggests, Science News, (91 of women recently surveyed on a college campus had attempted to control their weight through dieting, 22 dieted often or always.



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