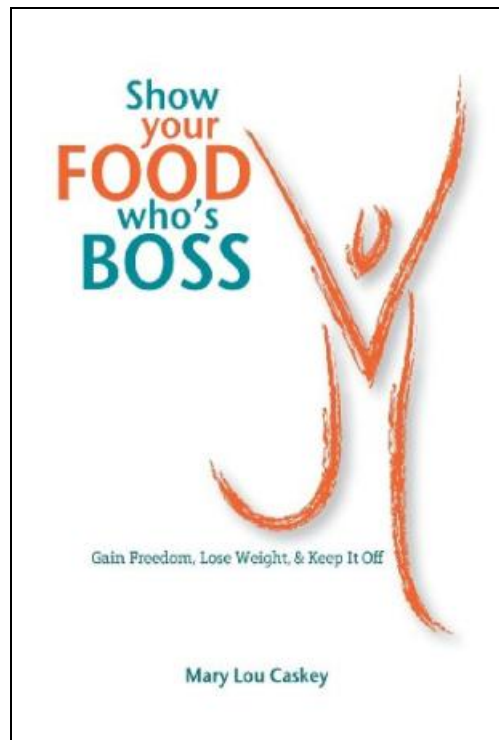


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(Dr. Deonte Hammes DDS)

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Confident Hope, LLC, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.You Can Show Your Food Who s Boss Have you ever felt deprived, discouraged or defeated while trying to lose weight? Are you tired of yo-yo dieting? Author Mary Lou Caskey personally understands the struggle. In Show Your Food Who s Boss, she will help you: - Find solutions that fit you RIGHT NOW! - Replace self-doubt with hope for creating lasting change. - Avoid the pitfalls that slow your progress. - Discover freedom during your adventure. - Create ways to make weight loss fun. - Learn to trust yourself with your food choices. - Discover how your cravings can be a blessing from God. - Explore strategies to help you persevere. Filled with inspiration, hope and encouragement, along with practical tips, Show Your Food Who s Boss contains strategies that will help you to make slight, yet powerful changes at whatever pace works best for you.



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