



No Diet Weight Loss: Listen, Relax and Lose Weight

By Pat Walder

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Condition: new. BRAND NEW, No Diet Weight Loss: Listen, Relax and Lose Weight, Pat Walder, Have you tried an endless variety of diets? Do you find you lose some weight, then put it all back on again -- plus a little more? Do you envy those people who can eat whatever they like and never put on weight? If you answer yes to any, or all, of these questions, then what is contained within the pages of this book will solve your problems. This is a radical new way of achieving your perfect body weight and maintaining that weight PERMANENTLY -- without diets, pills, potions or excessive exercise. "This book is full of common sense and good advice on how to change one's life permanently to overcome all the habits that produce obesity. I will certainly recommend it to my patients. I wish I had written it myself." -- Dr Tom Smith.

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