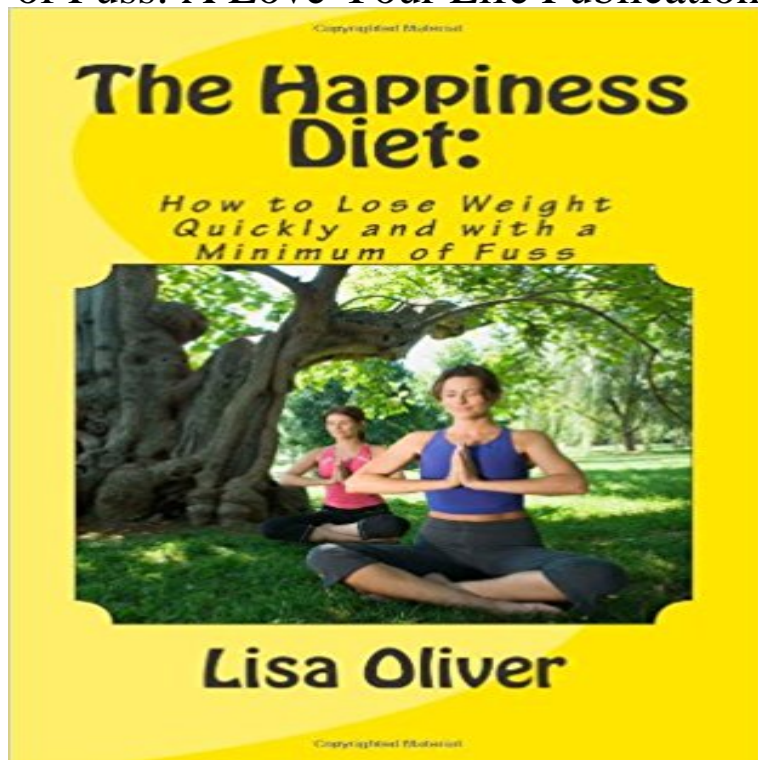


The Happiness Diet: How to Lose Weight Quickly and with a Minimum of Fuss: A Love Your Life Publication



Read what others have to say... ..This book didnt just help me lose over 50 pounds, it changed my life...Suzannah Yorke, California ...After trying diet after diet I finally found a book that explained why I was overweight and what I could do to fix it...Thank you...Blair Cairns, NY ...I have lost more than 20 pounds and am still losing...Yvonne Mayor, TX ...Life changing in so many ways...Patricia Dunn, NSW, Australia There is more to weight loss than dieting and exercise and so when Lisa Oliver knew she had to lose more than 50 pounds if she was going to live long enough to see her grandchildren grow up, she started researching and creating a lifestyle program that would work for her. Tired of counting calories; far too busy to exercise and eat properly Lisa knew that the practical side of the weight loss regime needed to be simple, easy and effective. By making just small changes to her daily routine Lisa started to see the weight drop off but it was when she examined the reasons she had become fat in the first place, that was when the Happiness Formula was born. In this book the diet is simple and easy to use - a return to basics. The exercise program takes just five minutes three times a day and an action plan for putting all three elements of this program into place in your life is included. But this book will do so much more than just help you increase your energy levels and lose weight, it will help you change your life. The Happiness Diet: How to lose weight quickly and with a minimum of fuss [Love Your Life Publication] love your life, happiness diet, happiness formula, diet, lose weight quickly.

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