

## Ten Commitments to Be Forever Fit

**Machiel  
Kennedy, M.D.**

Author of *Losing Loin: Your Guide to Successful Weight Loss*

**Ten  
Commitments  
to be  
Forever Fit**

"Finally! Here is an easy-to-use book on how to change your lifestyle and lose weight. Dr. Kennedy has managed to make weight loss goals, simple, and understandable. I highly recommend this book to those seeking a simple strategy for losing weight in a format that is compact, fun, and immediately usable."  
—Nicola O. Bellizzi, MD, MPH, MBA  
Executive Past Chairman, American Board of Pediatrics, Washington

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### Book Review

Totally among the best publication I have ever go through. This really is for all those who statte that there had not been a well worth studying. I am just very happy to let you know that this is actually the very best pdf we have go through inside my very own daily life and could be he very best ebook for actually.

**(Miss Audra Moen)**

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