



# Lose Weight, Save Money: An Owner's Manual to Physical and Financial Fitness (Paperback)

By Sterling Raskie

Createspace Independent Publishing Platform, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Lose Weight, Save Money is a guide to becoming physically and financially fit. The book takes you through the baby steps of healthy weight loss and fitness strategies and shows how to save and budget your money along the way. From choosing which foods are free and exercises requiring no gym membership to the concepts of fixing your credit and paying yourself first; Lose Weight, Save Money takes a practical approach to physical and financial fitness based on sound health and financial principles. The book takes a different approach by not having chapters, but headlines that lead the reader from one topic to the next.



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