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Project Blissful: How I Lost 100 Pounds Without Starving, Sweating or Surgery

By Angela Atkinson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Project Blissful is a whole-life makeover that helps you become the best possible version of yourself. Author and certified life coach Angela Atkinson has herself lost more than 100 pounds without surgery or hard-core weight loss drugs. In this book, you ll learn: - How to start losing weight today (and without feeling miserable in the process) - How to love yourself healthy and thin - How to find your ideal weight and reach it without pain - How to lose weight without traditional exercise - How to baby-step your way through small habits that add up to big results - And much more!.



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