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WEIGHT LOSS MOTIVATION GUIDE: HOW TO FIND WORKOUT MOTIVATION AND MOTIVATION TO LOSE WEIGHT (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.THIS BOOK IS ONLY FOR PEOPLE WHO WISH THEY HAD MORE MOTIVATION TO EXERCISE AND EAT HEALTHIER!! Finding the motivation to exercise or to lose weight and stay fit is something we all struggle with. Knowing how to find your inner motivation is the key to increasing your quality of life and longevity. Your new...

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- Authored by Creed McGregor
- Released at 2016



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