

## Read Book

## TEN COMMITMENTS TO BE FOREVER FIT

**Machiel  
Kennedy, M.D.**

Author of - Living Lean: 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 guidelines simple and understandable. I highly recommend this book to those desiring a simple strategy for losing weight in a format that is compact, fun, and scientifically sound."  
—Gloria A. Williams, MD, FRCR, MBA,  
Immediate Past Chairman, American Board of Bariatric Medicine

Robert D. Reed Publishers. Paperback. Book Condition: new. BRAND NEW, Ten Commitments to Be Forever Fit, Machiel N. Kennedy, This book takes a holistic approach to weight loss and health that begins by focusing on the whole inner you. Dr. Kennedy invites you to see yourself as a whole person - physically, emotionally, mentally and spiritually, and to make an inner commitment to help and well-being. Take charge of your life: set reasonable goals, stay motivated, be accountable for your...

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- Authored by Machiel N. Kennedy
- Released at -



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## Reviews

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