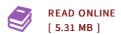




## Change 1 Thing A Doctors 12 Step Plan for Permanent Weight Loss, Disease Prevention, and a Lifetime of Incredible Health

By Teresa Fuller

Xlibris, Corp. Paperback. Book Condition: New. Paperback. 108 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.ls it really impossible to lose weight and keep it off The statistics are discouraging: up to 95 of dieters gain their weight back. But it doesnt have to be that way. Studies show that gradual adoption of specific habits is effective for maintaining weight loss. And even better, a healthier lifestyle gets easier over time. Change 1 Thing! A Doctors 12 Step Guide to Permanent Weight Loss, Disease Prevention and A Lifetime of Incredible Health, is written for people who are frustrated with their failed attempts at permanent weight loss and with their chronic health problems. Dr. Teresa Fuller developed this step-by-step approach in response to countless patients who have asked her how to lose weight and improve their health. This book takes you on a journey of adopting 12 habits will get you the results you want. Since it takes 21 days to establish a new habit, you simply take one month to firmly establish one habit before tackling the next. In one year, you will have completely transformed your lifestyle. As you implement the strategies in this book: You will lose weight You...



## Reviews

A whole new e book with a brand new point of view. I could possibly comprehended every thing using this written e book. Its been written in an extremely simple way which is only soon after i finished reading through this ebook by which actually modified me, change the way in my opinion.

-- Marcia McDermott

An exceptional ebook along with the typeface utilized was fascinating to read through. I am quite late in start reading this one, but better then never. You are going to like the way the blogger write this publication.

-- Judd Schulist