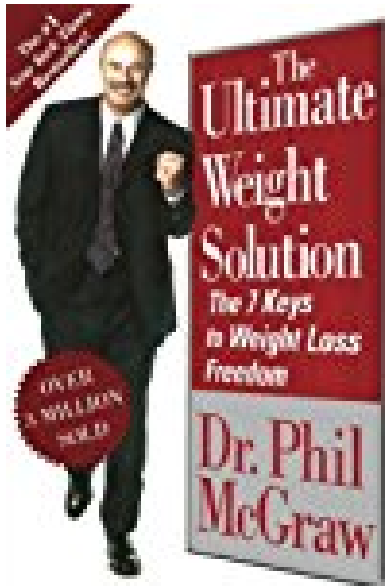


The Ultimate Weight Solution The 7 Keys to Weight Loss Freedom



BOOK DETAILS

- Author : Dr. Phil McGraw
- Pages : 464 Pages
- Publisher : Free Press
- Language : English
- ISBN : 147675764X

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BOOK SYNOPSIS

Discusses how to get to the root of eating habits, and offers advice on improving body image, dealing with emotional eating, and exercise.

THE ULTIMATE WEIGHT SOLUTION THE 7 KEYS TO WEIGHT LOSS

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