



Weight Loss Inspiration: Step by Step Methods to Successfully Lose Weight

Jane John-Nwankwo RN MSN

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This book consists of 10 chapters of practical ways to lose weight using some information you may not know already and self-discipline. Being overweight does not only give you problems toward your own self, but the bigger picture is how people look at you while you're out walking on the streets. The uncomfortable knocking together of your thighs, losing your good old clothes, looking at yourself in the mirror and thinking, *When did this all happen?*, and many more uncomfortable emotional feelings can be reversed.

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