



## Gotta Minute? Living Lean: Your Guide to Successful Weight Loss Management

By Machiel N. Kennedy

Robert D. Reed Publishers. Paperback. Book Condition: new. BRAND NEW, Gotta Minute? Living Lean: Your Guide to Successful Weight Loss Management, Machiel N. Kennedy, Obesity is a major medical problem. Machiel N Kennedy, MD believes the whole approach to dieting is flawed. Dieting often means giving up food you like, not having fun, depriving yourself, and worst of all, dieting often fails. "Living Lean" is based on solid scientific research. It is a guide through the maze of weight-loss confusion and not just another diet book that sets you up for failure. Rather, it is a blueprint for success. Within the program are the tools you need to change your life. All you have to do is use them. Good health, vitality, and a healthy weight can be yours with the methods outlined in this book.



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