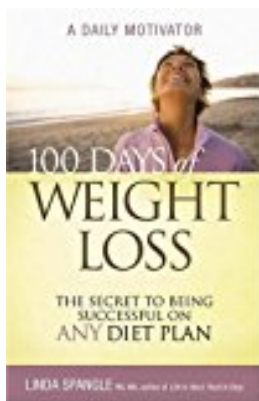


[PDF] 100 Days Of Weight Loss: The Secret To Being Successful On Any Diet Plan

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Description:

About the Author A registered nurse with a masters degree in Health Education, Linda Spangle is the owner of Weight Loss For Life, a highly successful coaching and education program in Denver, Colorado. She specializes in helping people deal with the emotional and psychological issues of weight loss as well as healthy eating and exercise. Linda is the author of the nationally-acclaimed book "Life is Hard, Food is Easy: The 5-Step Plan to Overcome Emotional Eating and Lose Weight on

Any Diet." --This text refers to an alternate edition.

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