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TEN COMMITMENTS TO BE FOREVER FIT (PAPERBACK)

**Machiel
Kennedy, M.D.**

Author of - Living Lean: Your Guide to Successful Weight Loss

**Ten
Commitments
to be
Forever Fit**

"Finally! Here is an easy-to-use book on how to change your lifestyle and lose weight. Dr. Kennedy has managed to make weight loss simple and easy to understand. I highly recommend this book to those desiring a simple strategy for losing weight in a format that is compact, fun, yet scientific." -Dr. Linda O. Reed, MHS, MPH, MRA
Immediate Past Chairman, American Board of Bariatric Medicine

Robert D. Reed Publishers, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. TEN COMMITMENTS TO BE FOREVER FIT takes a holistic approach to weight loss and health that begins by focusing on the inner you. Machiel N. Kennedy invites you to see yourself as a whole person - physically, emotionally, mentally, and spiritually, and to make an inner commitment to health and well being. Take charge of your life: set reasonable goals, stay motivated, be accountable...

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- Authored by Machiel N. Kennedy
- Released at 2010

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