

5 Steps to Manage Obesity: Are You Tired of Being Overweight?

By Anjali Arora

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, 5 Steps to Manage Obesity: Are You Tired of Being Overweight?, Anjali Arora, Have you been thronging the so-called weight loss clinics that promise rapid weight loss? Have you tried everything, fad diets, weight control pills and exercise, to no avail? This book analyses obesity and its related problems. A wide variety of techniques to lose weight have been discussed. It also gives tips to maintain normal weight and discusses diet plans and various kinds of exercises to shape up your body.





Reviews

This is the greatest pdf i actually have go through right up until now. It is actually packed with knowledge and wisdom I found out this book from my dad and i advised this publication to find out.

-- Arely Rath

I actually started reading this pdf. It can be rally exciting through reading period of time. Your lifestyle span is going to be enhance as soon as you total reading this ebook.

-- Nya Bechtelar