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READ THE NEW BOOK Five Habits of Weight-Loss Success: Plus 5 Skills and Tools to help Take it off and Keep it off (The Healthy Productive Life) (Volume 1) CR Petersen M.Ed
READ ONLINE Five Habits of Weight-Loss Success: Plus 5 Skills and Tools to help Take it off and Keep it off (The Healthy Productive Life) (Volume 1)
The Five Habits have helped me get off medication for diabetes, and almost off medication for high blood pressure. My A1C as last measured in the fall of 2014 was 5.0 and all my blood work was within normal limits. (A1C represents a person's average blood sugar levels over the previous 3 months and less than 7% is considered a good goal.) This book is a workbook to be completed as you read through the material. - Five Habits Of Weight Loss Success Plus 5 Skills And Tools To Help Take It Off And Keep It Off The Healthy Productive Life Volume 1