



1 Weight Loss Plan, 2 Friends, 3 Weeks: Using the Buddy System to Fight Fat (Paperback)

By April Paine, Stacey Wein

Createspace, United States, 2013. Paperback. Book Condition: New. 200 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.Tight Friends = Loose Pants! Use friendship and accountability to help you reach your weight loss goals and share laughs, tears and lots of fun along the way! The authors were BFFs caught in the endless cycle of yo-yo dieting, having already employed every weight loss tactic on the market. Forget the dress size, they just wondered what it would be like to fully participate in conversations over dinner without being wholly distracted by the bread basket! Taking a tip from countless magazines and books (Work out with a friend.), a new plan was formed and pact was forged based on one simple tool: friendship. The weight came off -- lots of weight. But even more importantly, the accountability between friends meant taking care of their bodies and their psyches. 1 Weight Loss Plan, 2 Friends, 3 Weeks: Using the Buddy System to Fight Fat is a real-life account of two women and their weight loss journey. The book is not just a guide to how you can live a healthy lifestyle. For that you can...



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