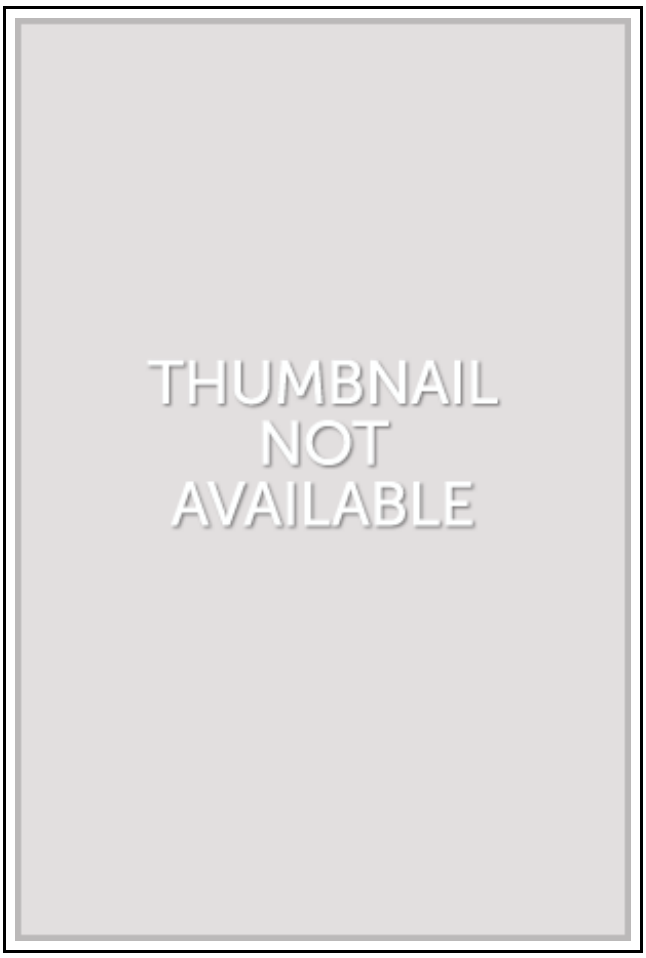
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Createspace, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you interested in being an active participant in your life? Overcoming challenge is a vital part of the human experience and little provides more happiness than overcoming challenges to our health. Are you interested in adopting habits associated with weight control and longevity? Do you want to avoid or minimize diets, medications, and the drugs you will need to fix the side effects from your medications? If so, this book is for you. You Only Weigh 10-pounds on the Moon begins with establishing and understanding your goals. You will be guided through lifestyle modification that is key to both longevity and weight loss. The seven steps will promote slow do-able permanent change, and contribute to fitness, being functional, and ultimately, to longevity. As you achieve your goals and change your lifestyle you will also reduce your body fat and lose weight. This book is ideal if you are looking for a conservative approach to living well and straight talk concerning diet, weight, and longevity. The topics covered will allow you to develop a direct approach to healthy living and assist you in achieving weight- and wellness-related goals. By understanding what habits and foods protect the body and mind, you can become an active participant in your life, extending your happy, healthy years, without having to obsess about your every meal.

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