



Fat Losing Book One The Psychology of Fat Fighting

By Gino Arcaro

Jordan Publications Inc. Paperback. Book Condition: New. Paperback. 54 pages. Dimensions: 8.0in. x 5.0in. x 0.1in. This is not a diet book. This 54-page book explains the most important truth about fighting fat: it begins at the top literally. Without a proper mindset, no amount of dieting or counting calories will workout. Digesting Fat Losing is the first step to understanding how to change your habits and thinking for once and for all. It contains practical discussions that engage the reader in re-thinking the obstacles that stand in the way of becoming a healthier person. Gino Arcaro, a self-proclaimed dysfunctional 12-year-old, trying to overcome my obesity, is an expert on the subject. Hes written Fat Losing to share what he has learned and practiced for over 40 years. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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