



Weightloss Warrior

Tiffany Hall

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From the hugely popular Biggest Loser series comes Weightloss Warrior a fun, fresh take on losing weight – it's a 'no-diet' book detailing the importance of healthy eating, building a positive self-image and becoming your own expertly trained warrior within (to protect you from bad choices, help you kick bad habits and give you powerful self-defences). An easy-to-follow guide to long-lasting transformation from the ground up, Weightloss Warrior comes complete with tasty illustrated recipes as well as expert motivational advice and tried-and-tested weightloss strategies. Based around five chapters inspired by the coloured belts of Taekwondo, the book leads readers from white belt to black belt through a process that's not simply turning over a new leaf but preparing the ground for a new self, planting the seeds of change, nurturing your new focus and glorying in growing a whole new you. This full-colour book will entice even reluctant readers to take up the challenge and win the battle within!

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