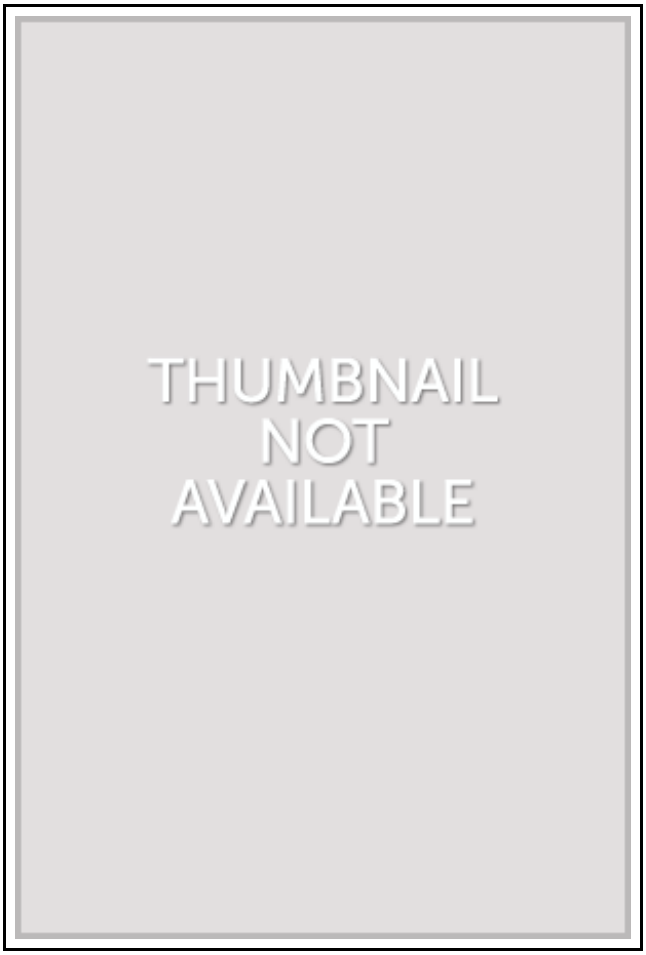
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Intentional Resources Ltd. Paperback. Book Condition: New. Paperback. 134 pages. Dimensions: 8.9in. x 6.0in. x 0.6in.Finally Climbing My Tree Losing weight was one of Jeremys major life goals, but with many failed diets behind him he realised he needed to think differently about his weight to get different results. Finally Climbing My Tree describes an inspiring and challenging journey as Jeremy lost 70lbs and also discovered his true self. - A witty real life story to help you walk the same successful road - Inspirational honesty to encourage you that youre not alone - Practical questions to consider along the way - Facts, Tips and Ideas to motivate you to achieve a genuine long term weight solution for life - A real world weight loss journey which challenges what weve been told about food and where Birthdays, Holidays, Business Travel and Chocolate are all allowed! Finally Climbing My Tree shows that there is a world in which you can eat every type of food, feel great and stay fit and healthy. All discovered from Jeremy Davis experiences of living the life and losing the weight. WARNING Reading this book could change your life, not just your weight, so handle with care. . . . and. . . . Enjoy the View from YOUR TREE! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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