



How to Lose Weight Safely and Quickly

By Vijaya Kumar

New Dawn Press. Paperback. Book Condition: new. BRAND NEW, How to Lose Weight Safely and Quickly, Vijaya Kumar, Losing excess weight permanently is a dream too good to be true. But this book makes it possible to turn this dream into a reality. It advocates a combination of a sensible diet and moderate exercise daily as the best approach to losing weight. The book presents some easy-to-prepare, healthy and tasty diets as well as some basic exercises which will guide people interested in shedding those extra kilos permanently.

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