

Ten Commitments to Be Forever Fit (Paperback)

**Machiel
Kennedy, M.D.**

Author of *Living Lean: Your Guide to Successful Weight Loss*

Ten Commitments to be Forever Fit

"Finally! Here is an easy-to-use book on how to change your lifestyle and lose weight. Dr. Kennedy has managed to make weight loss goals, simple, and understandable. I highly recommend this book to those seeking a simple strategy for losing weight in a format that is compact, fun, and immediately usable."
—Nicola O. Bellizzi, MD, MPH, MBA
Executive Past Chairman, American Board of Pediatric Nutrition



Book Review

This book is definitely worth purchasing. Indeed, it is actually perform, continue to an interesting and amazing literature. You may like how the blogger compose this publication.

(Gust Mayert V)

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