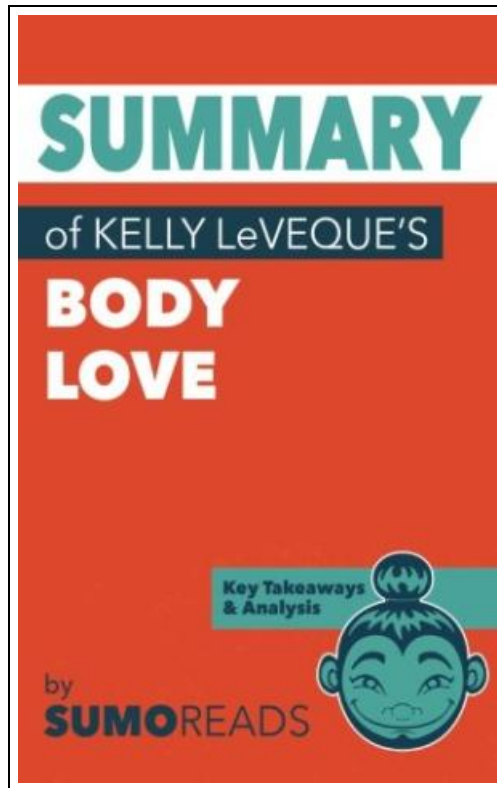


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(Prof. Antone Olson II)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. Holistic nurtionist Kelly LeVeque proposes an alternative to restrictive dieting that lets you lead a fuller, happier, and healthier life in her book, Body Love: Live in Balance, Weigh What You Want, and Free Yourself from Food Drama Forever. This SUMOREADS Summary Analysis offers supplementary material to Body Love to help you distill the key takeaways, review the book s content, and further understand the writing style and overall themes from an editorial perspective. Whether you d like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary Analysis Include? Executive Summary of the original book Editorial Review Key takeaways analysis from each chapter Brief chapter-by-chapter summaries A short bio of the the author Original Book Summary Overview Body Love is more than just a diet book. This book is for the person who is tired of overly restrictive diets with no room for mistakes. It is for the person who is looking for a healthy alternative to ordinary diets in the journey to better health and fitness, especially with regard to combating issues of blood sugar. Instead of dieting, LeVeque s book focuses on an overall lifestyle change that includes occasional indulgences. The Fabulous Four Formula was created not only to help you more easily manage your weight through controlling your blood sugar, but also to feel more vibrant, happier, and all around fabulous! BEFORE YOU BUY: The purpose of this SUMOREADS Summary Analysis...



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