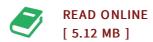




## Project Blissful: How I Lost 100 Pounds Without Starving, Sweating or Surgery

By Angela Atkinson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Project Blissful is a whole-life makeover that helps you become the best possible version of yourself. Author and certified life coach Angela Atkinson has herself lost more than 100 pounds without surgery or hard-core weight loss drugs. In this book, you ll learn: - How to start losing weight today (and without feeling miserable in the process) - How to love yourself healthy and thin - How to find your ideal weight and reach it without pain - How to lose weight without traditional exercise - How to baby-step your way through small habits that add up to big results - And much more!



## Reviews

This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.

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This is the greatest book we have study right up until now. This can be for all those who statte that there was not a worth reading. Your lifestyle period will probably be enhance when you complete looking at this ebook.

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