

Have you tried weight loss programs promoted by celebrities and other big names? Have you tried programs that prescribe exercise routines you just can't follow? But are you still struggling to lose weight and maintain a leaner body? And are you wondering why? Weight loss books are usually written by doctors, nutritionists, personal trainers to the stars, and self-labeled weight loss gurus, but not by authors who have lost a great deal of weight and then kept it off. Weight Loss Salvation presents a different approach. One of its authors, Bradley Cailor, struggled with his weight for 30 years. He regained over 600 pounds of fat from yo yo dieting. Most so-called experts on weight loss never had such torment. Brad went through the agonizing struggle and eventually discovered his fat solution. When he applied what he had learned, he shed 114 pounds of fat over one continuous stretch, and kept it all off. He then collaborated with Stuart McRobert, the author of several books renowned for their sincerity, practicality, and trustworthiness. Together, Cailor and McRobert have written a special book on weight loss. But there's much more to this book than Brad's success story. Weight Loss Salvation reveals how hundreds of real-life dieters lost weight and kept it off. It also explains the science behind the success. You may want to lose just a few pounds, or over 100 pounds. Either way, once you apply this book's guidance you'll shed weight readily, and keep it off, just like Brad and his hundreds of real-life dieters did. This book thoroughly explains the psychological and physiological issues that are at the root of many people's weight loss difficulties. And it explains how to deal with those issues. There's much more to successful weight loss than discipline and willpower. Perhaps you want a bigger leaner body, or perhaps you want a thinner leaner body. Either way, this book will help you no end. Buy this book now, and become a weight loss success story yourself.

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