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The Weight Loss Coach: Simple Solutions to Lasting Weight Loss

by **Benjamin Bonetti**



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Nutritional and life coach expert Benjamin Bonetti questions fad diets while exploring the reasons why people gain weight and constantly fail at dieting. Benjamin's renowned for his hard-hitting and direct approach to therapy and holistic health. Live better, never having to diet again.

In this, Benjamin breaks down the main reasons why people gain weight, and offers practical and manageable solutions to get you started on your path to ultimate wellness. Benjamin guides you through basic principles on what to do on a daily basis, how to prepare healthy food choices, the theory behind nutrition, and how to understand the differences between good and bad.

Benjamin also offers a number of healthy breakfast, lunch and dinner choices, including an easy-to-follow home exercise program. There's something for everyone and with Benjamin guiding you on the path to better health, losing weight, and feeling great has never been easier.

The Weight Loss Coach: Simple Solutions to Lasting Weight Loss Benjamin Bonetti



Benjamin's renowned for his hard-hitting and direct approach to therapy and holistic health. Learn more Product details Paperback: 142 pages Publisher: CreateSpace Independent Publishing Platform (February 8, 2015) Language: English ISBN-10: 1508404771 ISBN-13: 978-1508404774 Product Dimensions: 5.5 x 0.3 x 8.5 inches Shipping Weight: 8.5 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Amazon Best Sellers Rank: #8,795,434 in Books (See Top 100 in Books) #22822 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss If you are a seller for this product, would you like to suggest updates through seller support? Customers viewing this page may be interested in these sponsored links (What's this?) Ad feedback Customer reviews There are no customer reviews yet. 5 star 0% 4 star 0% 3 star 0% 2 star 0% 1 star 0% Share your thoughts with other customers Write a customer review Set up an Amazon Giveaway Amazon Giveaway allows you to run promotional giveaways in order to create buzz, reward your audience, and attract new followers and customers Your name: Your email address: Send post to email address, comma separated for multiple emails Our weight loss clinic recommends the Ideal Protein Protocol 3-month membership to FITFUSION Get three months of free access to Jillian Michael's fitfusion.com site to help you lose weight or train for a marathon--- while you take her course! It's the perfect complement to stay motivated 5 stars Now that you understand yourself better you see what makes you tick and what you want to achieve she gives you the final critical tools to reach your goals Loading lookoutweight 3,786,776 views 6:59 ROAD TRIP TO BMW BARNSTORMER ALTON - CHECK OUT BARON VON GRUMBLE & BEN BROWN - Duration: 32:45 We've invested in making these available to you because we want you to succeed and we know that you have what it takes to reach the quality of life you deserve. Sharing lists of power foods and healthy fish, she gives you everything you need to know to eat well 07f867cfac

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