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Jill s Best Tips: Smarter Ways to Burn Fat, Stay Fit Still Enjoy Food

By Jill Brook M a

Diet for Health, United States, 2010. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Jill s tips help you work smarter, so you don t waste any valuable time, energy, health or willpower. They recognize that knowing how to eat right is the easy part, and that doing it is the hard part. This book contains bang for your buck nutrition guidance, with countless easy, convenient, fun ways to look and feel better with less pain and suffering. Jill s tips are the best because they are so practical, with the right amount of explanation, inspiration and kick-in-the-tush. --Andrew Spayner If you like to eat, but hate to feel fat, Jill s tips hit the mark. --Elizabeth Kindel Jill Brook, M.A. grew up as the overweight science nerd and now loves helping people be their best by finding the most helpful research-proven health and fitness tips. Jill counsels clients and gives presentations on topics related to the psychology of eating right and strategies for strengthening willpower, taming taste buds, appeasing appetite and permanently changing habits. She also serves as a nutrition consultant to high schools, universities and businesses.



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