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Losing Weight After 40: How to Change Your Life without Dieting or Deprivation

Khandee Ahnaimugan

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"I highly recommend this book to anyone who is fed up of with being overweight and seriously wants to change their weight forever."
Helen Shaw, Amazon UK review

"In this book you are shown a completely different approach to weight loss. And yes ,it is without dieting and deprivation.Highly recommend!!!!"
Gillian Killner, Amazon UK review

"This way of thinking about weight loss is so totally opposite from how I always thought. By following his approach I lost 20 pounds in 3 months! It works! He's got it figured out and he knows how to explain it to women in a way that is kind and motivational all in one."
Amazon review

If you're over 40 you may have noticed that while your weight is increasing, diets that used to work in your twenties and thirties just don't seem to be able shed the pounds like they used to.

This is because women over 40 require a totally different approach to losing weight.

This book will show you what you need to do, to lose weight and keep it off.

Dr. K, drawing on his vast experience helping women over 40 in his weight loss clinic in London will take you through the weight loss journey from overweight to slim, showing you how to apply this new philosophy to your life.

What you'll find with this approach is that it allows you to enjoy life without overhauling your normal routine and without feeling deprived and miserable, giving you a plan that you can follow for the long-term.

This approach has transformed the lives of women who have learned about it and now with this book, you can learn about it too.

About the Author

Dr. K is a medical doctor, weight loss expert who runs a clinic in London, where he helps women over 40 lose weight without dieting.

He is the author of "Slim and Healthy without Dieting: The Weight Loss Solution for Women over 40" and "The Blossoming of Hope in the Desert of Diet Despair". He also writes about weight loss for the Huffington Post.

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Patricia Smith:

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Christian Robbins:

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Ralph Humphries:

The book untitled Losing Weight After 40: How to Change Your Life without Dieting or Deprivation contain a lot of information on the item. The writer explains her idea with easy way. The language is very simple to implement all the people, so do definitely not worry, you can easy to read the idea. The book was authored by famous author. The author brings you in the new period of time of literary works. It is easy to read this book because you can continue reading your smart phone, or product, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can available their official web-site as well as order it. Have a nice examine.

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publication consist a lot of the information in the condition of this world now. This book was represented just how can the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. The writer made some investigation when he makes this book. That's why this book suited all of you.

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