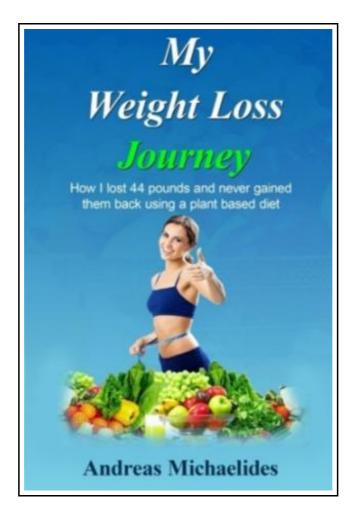
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A.M.P., 2016. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*.People ask me how I lost my weight. I reply by telling them that is not the question you should ask me. Furthermore, that is not the question you should be asking yourself. The question you should ask yourself is: After I lose the weight, HOW I never gain it back? Losing weight is easy compared with the efforts you need to do so you will not get it back again. I advocate adopting a plant-based lifestyle. This is what worked for me and also what worked and still works for millions of people around the globe If you are reading this description, it means that you are genuinely seeking to improve your quality of life. I get you I was in your position back in 2013. Something inside you is telling you that you had enough. We only have one life, and you should never live it in discomfort and pain unable to enjoy your friends and family. My book was written having you in mind. It is a shortcut for a journey that you searched for your entire life. Allow my Weight loss journey using a plant-based diet to be your journey as well. I have all the information you need consecrated and condensed that will allow you to choose if you want to change your life for the better. You have nothing to lose, maybe \$5.99 and an hour of your time, and everything to gain, like your health and your happiness.

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