



THE ULTIMATE WEIGHT SOLUTION : The 7 Keys to Weight Loss Freedom

By McGraw, Dr. Phil

Free Press/Simon & Schuster, New York, NY, 2003. Hard Cover. Book Condition: NEW. Dust Jacket Condition: New. First Edition, 9th Printing. BRAND NEW COPY. Volume dedicated to all who are tired of riding the "diet roller coaster" and find the "goal of a fit and trim life" elusive. Candid as ever, Dr. Phil says, "If you are overweight, you are out of control. That's not a natural place to be". This action-oriented book aims to change the way one thinks about "food, weight loss, and ultimately" oneself. 12 chapters in 3 parts: I, Unlocking the Doors to Permanent Weight Loss; II, The 7 Keys to Permanent Weight Loss; and Powerful Insights, followed by 4 appendices.



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-- **Noble Hagenes**

Excellent e book and beneficial one. It is rally fascinating throgh reading through time period. You are going to like how the author publish this ebook.

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