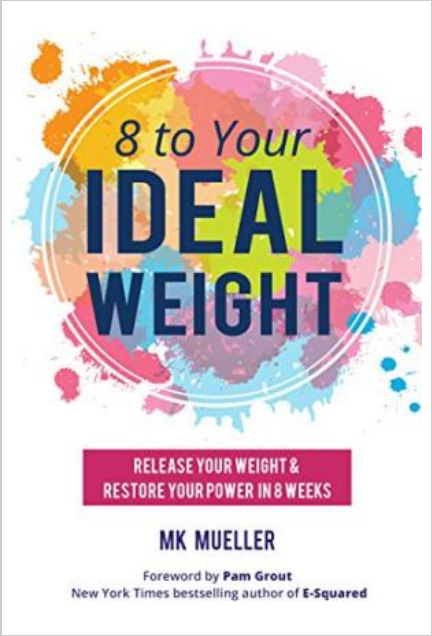


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# 8 to Your Ideal Weight: Release Your Weight Restore Your Power in 8 Weeks (Paperback)

By Mk Mueller

Mango Media, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. 100 million Americans are looking for a solution to weight issues. 8 out of 10 Americans have dieted with less than a one-third success rate. Popular Ted Talk speaker and coach, MK Mueller, has the answers in a revolutionary new program that is changing lives for the better. Diet books have been a lucrative staple since the 1970 s when the Atkins book became a sensation with over 20 spin-offs and a food franchise, selling over 30 million copies, according to The New York Times Author MK Mueller has been featured in Woman s Day Magazine and her work has been recommended on The Dr. Phil Show. Mueller s newsletter goes to over 10,000 readers every month and has 2500 certified coaches teaching her 8 to Great program. 95 of diets fail and most will regain their lost weight in 1-5 years ( 75 of American women surveyed endorse unhealthy thoughts, feelings or behaviors related to food or their bodies Source: Three Out Of Four American Women Have Disordered Eating, Survey Suggests, Science News, ( 91 of women recently surveyed on a college campus had attempted...

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