



Losing Weight with Elizabeth: The Handbook (Paperback)

By Elizabeth Petruccione

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Elizabeth Petruccione battled her fat demons for more than forty years until she found herself under the layers and began her weight loss journey. After shedding 93 pounds, she began working with a national chain providing professional weight loss coaching. At the youthful age of 62, Elizabeth opened the doors to a permanent and practical lifestyle change program for the forgotten (mature) women of weight loss with the founding of Losing Weight with Elizabeth. Her program empowers women over 40 to achieve long-term health and fitness well being by following her mantra Don t Diet, Edit. Losing Weight with Elizabeth: The Handbook explains her personal approach to weight loss using the banking method. The goal is to help individuals lose weight only once and then maintain that weight loss through a maintenance lite program. If you are tired of losing the same 30 pounds over and over again, the program outlined in Elizabeth s handbook is for you! Learn more at Losing Weight with ELizabeth on Facebook.



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