



Enough Starving Time for Transforming: The Only Diet and Weight Loss Guidebook You'll Ever Need

Angela L. Collie

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'Enough Starving Time for Transforming' is a well-researched and organised self-help book written by Angela L. Collie. This is her first ever published self-help book with the mind of helping people who are faced with obesity or with the trouble of losing weight. As you read, you'll be surprised by some cool facts that you probably had no knowledge of before. You'll also find yourself naturally craving for vitamins, minerals and nutrients in your food. In no more than 3 weeks, you will inhabit good healthy lifestyle habits that'd carry with you for as long as eternity. (exaggeration much)

In a nutshell, this book is an ultimate self-help or guide book for anyone who wants to stay healthy and keep fit. It contains many important informations of what it takes to be healthy.

In addition, there are specially-made illustrations to create an interesting and fun reading to all.

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