



Stop Dieting, Start Living

Barbara Godfrey

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Being fit feels better than food tastes! That is the motto of Start Living, Stop Dieting. Are you ready to make a change in your life? Are you tired of being overweight and unhappy? Author Barbara Godfrey wants to help you become the person you have always wanted to be. Coming from a busy parent who knows how hard it is to stay motivated while running a family, Start Living, Stop Dieting is a blunt, straightforward guide to getting healthy and being happy (and staying that way!).

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