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10,000 Steps!

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Ying-Ying Zheng



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 on almost any diet The real challenge is not losing weight it is keeping the weight off This eBook is one of the few that
 addresses the two key issues in weight maintenance 1 Preventing the regaining of lost weight 2 Preventing weight gain as
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 chronicling her thoughts ideas and frustrations over her own personal state of obesity and the state of the world s obesity at
 large Observe as she identifies the lies myths and misconceptions of weight control and how society has managed to foul
 things up pretty badly over the last fifty years It is a highly personal exploration where she identifies today s weight
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