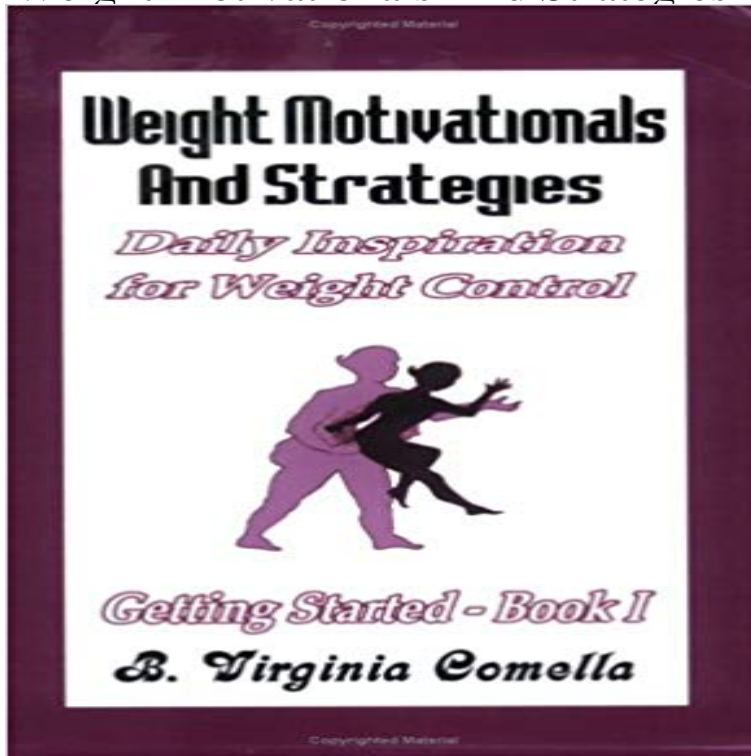


## Weight Motivational And Strategies



Why do most dieters fail when most diets work? These daily motivational, combined with keeping a daily journal, will help dieters overcome the inevitable frustrations and challenges of weight loss.

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