



Eat less, Move more, and Stretch.: A sensible way to lose weight to look and feel better

Amanda Mosman

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Amanda Mosman is a woman that has developed a sensible realistic simple solution to weight loss, health, and fitness.

Over the years, she has been where most people have been and that is overweight.

She understands that weight loss and dieting is a personal thing and that not all shapes and sizes fit all.

The main thing is to be comfortable in your own body and to be healthy in your own way.

She has been on diets that have over promised and under delivered. She has been to health farms and has been to every conceivable guru, fad diet, and exercising regime known to mankind and has come out the other end with a simple mantra.

A healthy sustainable person has to 'eat less move more and stretch'.

She has concluded that not everyone in the universe has to be slim svelte and drop dead gorgeous.

She maintains that everyone has the ability and the god given right to be healthy and fitter than they are or at least as they want to be.

This book has been in the pipeline and research stage for many years and now

Amanda has released the book to make you see clearly that you can be exactly what you want to be by doing a few simple and easy things to that will change your life and lifestyle forever.

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