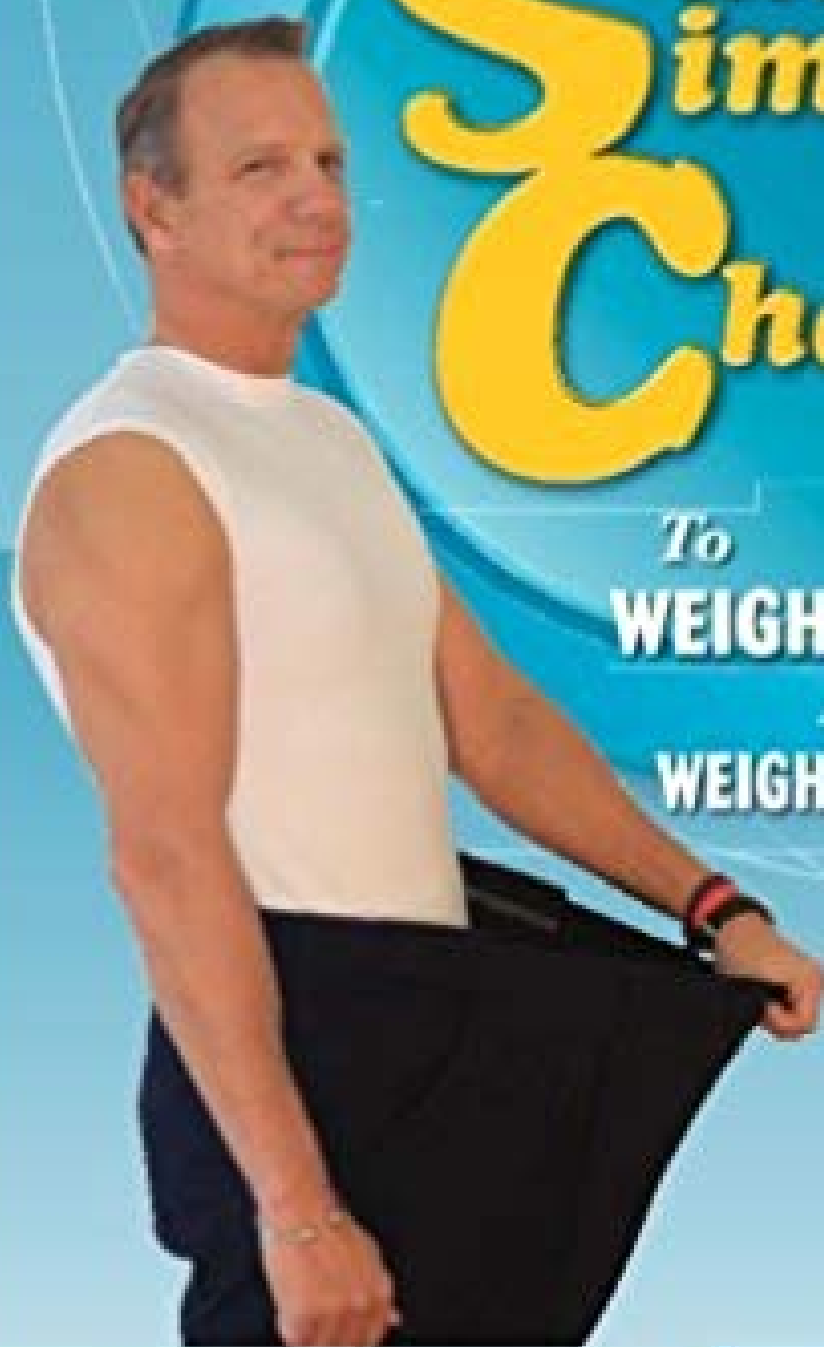


Discover How to Beat the Odds and Keep It Off

Small Simple Changes

To
WEIGHT LOSS
And
WEIGHT MANAGEMENT



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Rich Kay

Based On A Real Person's Experience

www.SmallSimpleChanges.com

Rich Kay

Small Simple Changes to Weight Loss and Weight Management: When Diets fail, Small Simple Changes succeed



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Being overweight hurts. Obesity drains and requires lives. At 277 pounds and just under six foot, Rich Kay was more than 75 pounds over a wholesome weight. Now his mission is to help others earn their fight of the bulge and improve their quality of life. He previously countless medical problems from a fatty liver to being truly a borderline diabetic to name a few. In his publication, Small Simple Changes to Weight Loss and Weight Management Rich Kay shares a number of dozens of Small Simple Adjustments he required over his 24-week trip to perform his goal. No fad diet, no starving yourself, no 2-hour gym workouts. Read, discover and hear his tale for yourself and learn how to follow his successful method of shedding those undesirable pounds and keeping them off through his Little Simple Changes! He also eliminated all of the medical issues that have been bringing him towards an early on grave - no more fatty liver, no more cholesterol medications, no more a borderline diabetic to name a few. He had difficulties bending to tie his shoes, getting up in the morning and even going to the toilet. Rich had more than enough. He determined to win the fight of the bulge. Within six months, his mission was accomplished, weighing in at 198 pounds losing over 75 pounds! Order the Publication today and commence your journey to Gain the Battle of the Bulge forever! Ask Rich about his availability to speak to your Business or group at your next event on what Small Simple Changes will help you achieve big results.



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Five Stars You can read and the changes listed are possible to accomplish. Need to work out how to start slimming down? I haven't been diligent. Five Stars good Well crafted motivational story. Simple procedure, gradual but effective changes. Good book, nevertheless, you have to implement the tiny ... Reading this book can be an easy way to stay motivated if you are trying to get healthy! It includes a slew of things you can do each day to assist you lose weight, very self-explanatory, and to the point... So he began by making little changes - parking additional from the door and needing to walk just a little, drinking even more water, and so on. Get mad at being overweight! He makes visitors feel they are able to do it too. Rich begins by informing the reader that he is not a doctor, nutritionist, attorney or guru - instead he was a normal guy who got sick and tired of feeling horrible and getting so large. He got mad at being overweight.. He tells a fresh change each week - and how he lost over 70 pounds in just 6 months. It is simple, not easy, but it is simple to lose weight and keep it all off. I know - I dropped 10lbs in the two 2 months when i read it. However by making these changes you can lose weight without hours in the gym. It is a small publication and easy to read - although not always easy to perform! It's not really a magic tablet, it's about getting intentional and investing in your health and what God has always wanted for you. Good read. Rich is quite straightforward and honest about his process of losing weight and is good about conveying that to those folks reading this book. It's a process, and yes, simple however, not easy. However if you work this process Rich talks about, the process works for you. I really recommend Small Simple Changes in order to lose weight! Thanks for composing this and posting it around Rich! not easy, nonetheless it is simple to lose weight and .. Small simple changes will give you big results! It really is real. You just need God on your side and surround yourself by those that have walked the talk and can show you the way. This publication is deceptively basic and small but effective. Just follow Rich and you'll be healthy. Everyone should read and apply his little simple changes. I've tried them all and failed. I did lose but got the weight back and even more. Rich is a true mentor and lives to show it. Do not try to lose weight on your own or with other applications. Simple Steps Lead to Major Changes Basic but powerful! This publication is indeed easy to read and very, very helpful. So very much encouragement and practical information packed into one small book! What an incredible little reserve to encourage weight loss! Many thanks to Rich for posting his actions to major weight loss and a healthy life style. Easy/motivating read A great guide of weekly an easy task to follow steps/small changes to lose weight in a wholesome way. This is simply the article writer's diary ftom when he proceeded to go from being nearly 300pounds to under 200 in half a year!. Good book, but you have to implement the small adjustments for results. Rich Kay gives you the tips to make simple changes that will improve your health. I love this book. I'm hoping for the same results :) A fantastic book on weight loss I must say i liked this book! This is a book that anyone attempting to lose weight and get healthy would love to write for him or herself. Rich honestly shares how he became fed up with being unwell and tired and began to make small changes that led to successful longer term weight reduction and a new life style dedicated to wellness. I have purchased copies to provide to friends, colleagues and relatives who are frustrated within their attempts to lose weight. I recommend it to those who need to start thinking about how to implementing adjustments to start on the road to health.



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