

**THE LITTLE BOOK OF WEIGHT LOSS**

Henry Frankovich

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### **The Little Book of Big Weightloss (ebook)**

In The Little Book of Big Weightloss, Bernadette Fisers shares the secret of how she lost 30kg in 30 weeks by following 31 simple rules. Bernadette Fisers began researching her new diet when she decided to make much-needed, radical changes to her unhealthy lifestyle.

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### **The little book of big weightloss / Bernadette Fisers. - Version details - Trove**

A short book on weight loss that is easy to read in an hour. A personal account of one persons weight loss when nothing else worked.

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### **Weight loss tips: What to do to drop weight and be healthy, fast**

The Little Book of Big Weightloss has 53 ratings and 12 reviews. Kayo said: This book was a serious waste of time. I am glad I didnt spend any money on i.

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"A lot of the time they'd bring in their own little bag of snacks and I'd say, The Little Book of Big Weightloss (\$ print, \$ ebook) will be.

An originally self-published book, The Little Book of Big Weightloss by Bernadette Fisers, has been snapped up by Transworld UK and Penguin.

Related books: [Follies of North and East Yorkshire \(Follies of England Book 25\)](#), [Milked](#), [Red White & Blueprint for America](#), [Rôtis: 11 recettes simples à préparer \(Alix et ses Délices t. 9\) \(French Edition\)](#), [Le Cachet d'Onyx \(French Edition\)](#).

I'm one of 7 children, second youngest of 4 girls and 3 boys. What if what we are told about weight loss is wrong? Why are more of us obese than ever before?

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Weightlossisaboutputtinglotsoflittlethingsintoactionandadoptingth found it a typical book regarding the topic of weight loss however whilst I see why some would say it was a waste of time there will be many people that will connect with her story and the rules she sets .