

Nobody Is Overweight, 2012, Allan Lawry, 0986589411, 9780986589416, Allan Lawry, 2012

Fitness and Lifestyle Coach Allan Lawry explains why this term is misleading and should not be used for describing or diagnosing any weight condition. This book outlines Allan's new Healthy Weight Program(r) which redefines what a normal healthy weight really is. He explains the many ground breaking (and controversial) ways you can achieve a healthy weight by adjusting your body composition into recommended ranges. Find out why Allan's ways are catching on.

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