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Feeling Good Instead Of Losing Weight - Funny Diet Sayings And Quotes About Dieting: Illustrated Edition

Frike Rothar

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Stop being frustrated with counting calories!
Stop weighing yourself every day!
Instead, concentrate on feeling good!

These "feel good" sayings will make your day. They are even so great, that you will stop focusing too much on losing weight! So don't wait any longer: Have fun, and instead of being critical about your weight, try to view your body as your friend.

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