



## You Can t Outsource Weight Loss. But You Can Lose Weight and Be Thin Forever! (Paperback)

By Ed Boullianne

Bluewater Health Concepts, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. You Can t Outsource\* Weight Loss. But You Can Lose Weight and Be Thin Forever! (\* With a pill or meal delivered to your door.) Retired Navy Captain and former combat jet aviator , Ed Boullianne was devastated by the tragedy of his 46-year old sister s death. He was determined to discover why so many Americans like his sister suffer from obesity and poor health. Her early death became the catalyst for his successful weight loss journey and for sharing what he s learned with others struggling to achieve permanent weight loss. You Can t Outsource Weight Loss provides a no-nonsense way to lose weight and keep it off. This straight-forward guide doesn t recommend gimmicky diets or require super-human willpower. Ed has successfully maintained his ideal weight for over seven years, even while eating pizza and drinking wine. He distills confusing, contradictory information and dispels the abounding misinformation about weight loss. He provides a practical, do-able guide for your own weight loss journey with research-based facts, personal examples, useful charts, green, yellow, and red light foods, easily implemented practices and hilarious...



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