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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The dangers of being overweight go beyond just affecting our health but even our daily lives. It also affects your flexibility in getting things done. It makes you feel sluggish and lazy. The speed at which you get things done is now decreased. Being overweight prevents you from having a proper sleep and rest, thereby hampering your approach...

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- Authored by Anthony Ekanem
- Released at 2015



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