
THE PERSONALIZED WEIGHT LOSS REVOLUTION



The weight
loss solution used
by more than
5 million
people!

Lose It!

★ Create a blueprint for success ★ Effortlessly track
food and exercise ★ Lose weight and keep it off without
giving up the foods you love

Charles Teague and Anahad O'Connor

Foreword by Gretchen Rubin, best-selling author of *The Happiness Project*

Lose It The Personalized Weight Loss Revolution

KJ Lindholm-Leary



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