

## Ten Commitments to Be Forever Fit

**Machiel  
Kennedy, M.D.**

Author of - Living Lean: Your Guide to Successful Weight Loss

### Ten Commitments to be Forever Fit

"Finally! Here is an easy-to-use book on how to change your lifestyle and lose weight. Dr. Kennedy has managed to make weight loss painless, simple, and understandable. I highly recommend this book to those desiring a simple strategy for losing weight in a format that is compact, fun yet scientifically sound."  
—Linda O. Kilduff, MD, MPH, MBA  
Immediate Past Chairman, American Board of Bariatric Medicine



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Absolutely one of the better ebook I have got actually read. Indeed, it is actually engage in, still an amazing and interesting literature. I realized this book from my i and dad advised this ebook to learn.  
(Flo Welch)

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