

## 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."  
—Lorenda O. Kildner, MD, MPE, MBA  
Immediate Past Chairman, American Board of Bariatric Medicine

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### Book Review

It is great and fantastic. Yes, it really is engage in, nevertheless an amazing and interesting literature. You can expect to like how the author write this pdf.

(Roma Prohaska MD)

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