

1. Record Nr.	UNINA9910157644103321
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Titolo	MOTAPA KARAN AVAM NIVARAN (Hindi)
Pubbl/distr/stampa	DELHI, : V&S Publishers, 2015
ISBN	93-5057-366-0
Descrizione fisica	1 online resource (89 p.)
Soggetti	Obesity Weight loss
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	-- -- -- -- ? -- -- -- -- -- , -- -- -- -- -- -- -- -- --
Sommario/riassunto	The book ' ' by addresses the growing issue of obesity, which has become a global concern. It explores the causes and solutions to obesity, emphasizing the importance of maintaining a balanced diet and lifestyle. The author aims to provide readers with practical guidance on managing their weight and improving overall health, highlighting the link between obesity and heart disease. This work is intended for individuals seeking to understand and combat obesity through informed lifestyle choices. Drawing on 12 years of research and experience, the book offers accessible and cost-effective strategies for weight management.