



# Hunger Games: The Guide to Weight Loss

*Lucy Collinswin*

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# Hunger Games: The Guide to Weight Loss

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## **Hunger Games: The Guide to Weight Loss** Lucy Collinswin

Does a slice of chocolate cake sound tempting right now? Want to know why? Take control of your hunger and your cravings by learning where they come from. Why are so many of us overweight? Excessive weight is epidemic today, but it does not have to be. Read about what makes people fat and thin and how you can safely reach and maintain the body weight that is healthy for you. This is a book about medical and biological facts written by a medical doctor. This is not associated with any weight loss program. This book is in not endorsed by or associated with the author or publisher of the novel "Hunger Games" by Suzanne Collins, Scholastic Press.

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