



Weight Loss Motivation for Men and Women: Motivational Hacks Strategies to Trick Your Brain and Lose Weight Fast (Paperback)

By Kira Novac

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Your Weight Loss Journey Made Easy, Exciting and Fun! If you ve ever struggled to stay motivated on your path to permanent weight loss, this guide will contain the answers you re looking for! When one decides to go on a weight loss plan, for any reasons and encompassing any activities, it is not very difficult for one to start. You can find tons of articles on the internet explaining how to start out on a weight loss plan, how to make a proper schedule, what things to do and what to avoid etc. But a topic that is rarely addressed anywhere is how to stick to a weight loss plan, and more importantly, what to do when you find yourself getting side-tracked, losing your motivation, and getting back to where you were before. When that happens, you feel guilty and you waste your time and energy. But it doesn t have to be that way! You can learn to re-program your brain with powerful psychological techniques to create unstoppable motivation on demand. With your new mindset, you can finally...



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