



Lose Weight Without Dieting Train your mind, change your eating habits and start losing weight today

By David M Nordmark

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 62 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Learn How To Use The Power Of Your Mind To Achieve Real, Natural Weight Loss Diets Dont Work, But Changing Your Habits DOES. This Book Will Show You How The weight loss and diet industry pulls in more than 40 billion dollars annually in the United States alone. Despite this massive amount of money people just seem to keep packing on the pounds. Why is this The truth of the matter is that the diet industry is largely a fraudulent empire based on false assumptions that it largely perpetuates. Which of the following statements do you believe My problem is that I need to lose 20 pounds There is no substitute for will power if you want to lose weight All successful programs for healthy and natural weight loss require a special eating plan made up of low calorie meals Three pounds a week is about the minimum amount of weight that you should expect to lose on a healthy diet plan The fact of the matter is that it would take me about 50 push-ups, 100 deep knee bends...



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