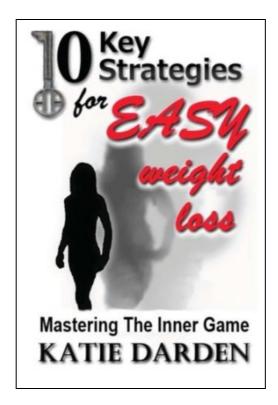
10 Key Strategies for Easy Weight Loss: Mastering the Inner Game



Filesize: 7.11 MB

Reviews

Comprehensive manual for ebook fans. I am quite late in start reading this one, but better then never. Its been written in an exceptionally basic way and is particularly merely soon after i finished reading this publication in which really changed me, affect the way in my opinion. (Prof. Antone Olson II)

10 KEY STRATEGIES FOR EASY WEIGHT LOSS: MASTERING THE INNER GAME



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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******. Tired of trying diet after diet? Ready to make a healthy decision to regain the body you love? Want to look on the outside as beautiful as you are on the inside? This book may be the answer for you. If you want a safe and effective way to conquer this thing once and for all, a program you can modify to meet your own body and lifestyle needs, something that will be permanent and not just a fad, then the processes in this book can help you. The 10 Strategies you Il learn include: Strategy 1 - Start With Yourself - Not With The Diets Out There Strategy 2 - Less IS More Strategy 3 - Breakfast - The Healthy Way Strategy 4 - Stop Eating When You Are Satisfied. Strategy 5 - Water - The Elixir of Life Strategy 6 - Shake Your Booty Strategy 7 - The Power of Your Environment Strategy 8 - Getting From Here to There Strategy 9 - Celebrate Your Progress!! Strategy 10 - Finding Your Personal Cheerleaders What To Do Next This is NOT a diet book - although we discuss some different approaches to diet plans. These strategies are a result of my own personal journey - a collection of what I ve learned over many years of struggling to keep a healthy weight. Like anything worth having, there are some specific steps that are necessary. It takes making a commitment and sticking to your plan. It takes your willingness to get right back on track again if you fall off. It takes a fundamental shift in your beliefs. But it s definitely do-able. I know. I ve done...



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