



Show Your Food Who's Boss: Gain Freedom, Lose Weight Keep It Off (Paperback)

By Mary Lou Caskey

Confident Hope, LLC, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.You Can Show Your Food Who's Boss Have you ever felt deprived, discouraged or defeated while trying to lose weight? Are you tired of yo-yo dieting? Author Mary Lou Caskey personally understands the struggle. In Show Your Food Who's Boss, she will help you: - Find solutions that fit you RIGHT NOW! - Replace self-doubt with hope for creating lasting change. - Avoid the pitfalls that slow your progress. - Discover freedom during your adventure. - Create ways to make weight loss fun. - Learn to trust yourself with your food choices. - Discover how your cravings can be a blessing from God. - Explore strategies to help you persevere. Filled with inspiration, hope and encouragement, along with practical tips, Show Your Food Who's Boss contains strategies that will help you to make slight, yet powerful changes at whatever pace works best for you.



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