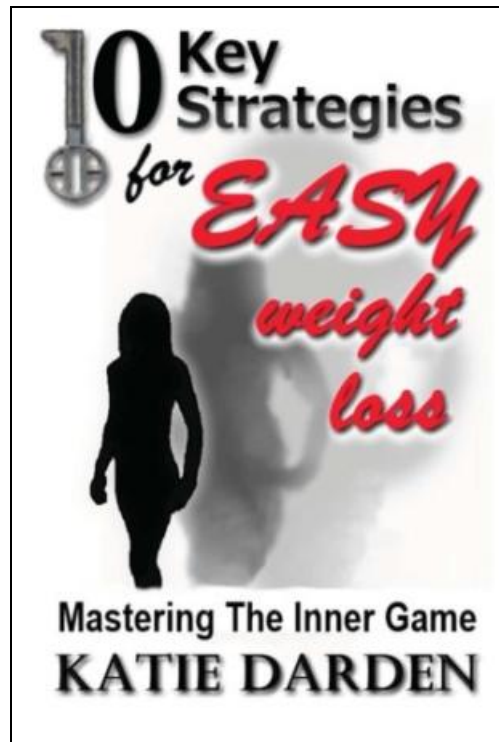


10 Key Strategies for Easy Weight Loss: Mastering the Inner Game



Filesize: 3.61 MB

Reviews

It in one of my personal favorite publication. It is actually rally fascinating throgh reading through period of time. Its been printed in an extremely basic way in fact it is just after i finished reading through this ebook by which basically transformed me, change the way in my opinion.

(David Weber)

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



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 ll 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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