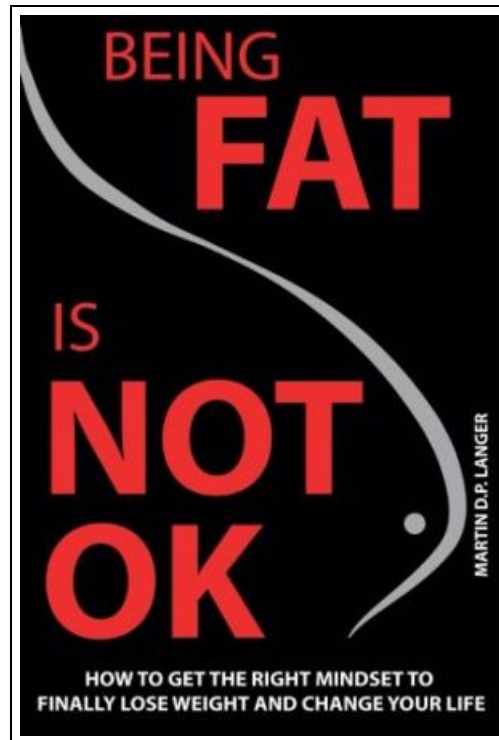


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BEING FAT IS NOT OK: HOW TO GET THE RIGHT MINDSET TO FINALLY LOSE WEIGHT AND CHANGE YOUR LIFE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The ultimate book to permanently lose weight and change your life. It s not about diets or exercise, it s the mindset that counts There are a million books about losing weight. Why choose this one? Essentially, because those books focus on the wrong thing, they show you a diet regime, or an exercise routine, which is not bad in itself, but they never focus on the person who actually has to diet or workout: you. Being Fat is not OK has a completely different premise. It makes you understand your own motivations and take charge of your life. In the end, it doesn t matter which diet plan you start or which exercise routine you follow as long as they are sensible choices, what really counts is your preparation and willingness to make a sustain an extended effort and have enough discipline to start and keep on going until you are satisfied with your body. No more excuses. No more I like myself the way I am, even if you know you don t. No more I don t have time. No more My head hurts. The time is now. This is your life and your future is not far away. Do you want to keep on suffering when you see yourself in the mirror? Do you want to die younger and leave your loved ones when they most need you? This book will help you get out of your comfort zone and finally start changing. Why should I read this book? Because society has fooled us into thinking that we should aspire to look like Hollywood stars and, at the same time, to accept our bodies the way...

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