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## Weight Loss Motivation

By Cynthia Carpenter

Paperback. Book Condition: New. Paperback. 216 pages. Turn off cravings, temptations and negative emotions and stomp out old self-defeating behaviours. In your hands you now have the combination to unlock the gate to getting healthy for life, permanent weight loss, and never again will you have to struggle to keep it off. Today is the day you end the frustrating cycling and yoyo dieting once and for all. Imagine, waking up in the morning and looking in the mirror and being happy with what you see. Wouldn't it be nice to love your body so much that you want to take care of it? See yourself having limitless motivation and wanting to exercise and eat right, just because it feels good. Wouldn't it be amazing if you were comfortable in your own skin and didn't give a hoot about what other people think? It sounds impossible, but it isn't and you don't even need a perfect pair of jeans to do it. Maybe you are afraid to believe that a better life can be yours. Using the excuse that it's just not possible for you or it's too hard. Saying things like; My whole family is overweight who am I...



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