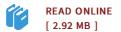




Psychology of Weight Loss - Results in 21 Days (Paperback)

By Wayne Lambert

Wayne Lambert, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.It s part of the new year ritual - an annual attempt to start afresh and turn over a new leaf. Weight Loss resolutions are a pointless exercise, we break them, become dispirited in the process and finally more despondent than we were before. Less than a quarter of people who start the new year with a weight loss plan manage to stick to their resolutions. This book helps you to discover how you can break your goal into smaller steps, and how best to reward yourself when you achieve them. You will also learn who best to tell about your goals, how to focus on the benefits of your success, and even what best to write in your diary about your progress. Many of the techniques involved within this book help you to make the best plan for you as a unique individual, but more importantly help you to stick to it. Regain your sense of self control by investing in this book, and you will be rewarded by the investment you make to your health via natural weight loss.



Reviews

It in a single of my personal favorite publication. It usually fails to charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Mr. David Friesen IV

This publication is definitely worth purchasing. Yes, it is actually engage in, nevertheless an amazing and interesting literature. You can expect to like just how the author write this publication. -- Odie Dicki

Relevant Books

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Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...

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Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.Mr. George Smith, a children s book author, has been conducting writing workshops at schools since 2004....

PDF

Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback Book Condition: Brand New. Book Condition: Brand New.



Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by Telling Them One Simple Story at a Time

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. You have the power, Dad, to influence and educate your child. You can teach your child about a virtue or...

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Boost Your Child s Creativity: Teach Yourself 2010

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English . Brand New Book. Every parent wants their child to achieve their full potential. Whatever your child s interest or inclination, from art to music,...

PDF

Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.