



## 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.

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