



The Break The Crave System: 7 Steps To Effortless Lifelong Weight Loss (Paperback)

By Bridgette Hamilton

Green Cat Books, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When you first decide to lose weight, you tell yourself that THIS TIME you ll stick to the diet. You won t give in. You ll stay motivated and strong. No matter what. Anyone would think you were singlehandedly scaling a mountain rather than shedding a few fat cells. I mean it can t be that difficult, right? After all, the latest diet club will tell you that as long as you follow a few golden rules, you ll be slim and successful. Until you slip. That one small moment when you give in. And then you slowly slide back down to the bottom of the mountain again. Only this time, you actually find yourself dropping down a deep crevasse, where you pile on even more fat reserves than you were carrying before! The mountain has defeated you. Again. This book is going to teach you exactly how to take back control of your eating habits. Read it all the way through, and it will help you understand why you do what you do, and, more importantly, what to do about...



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