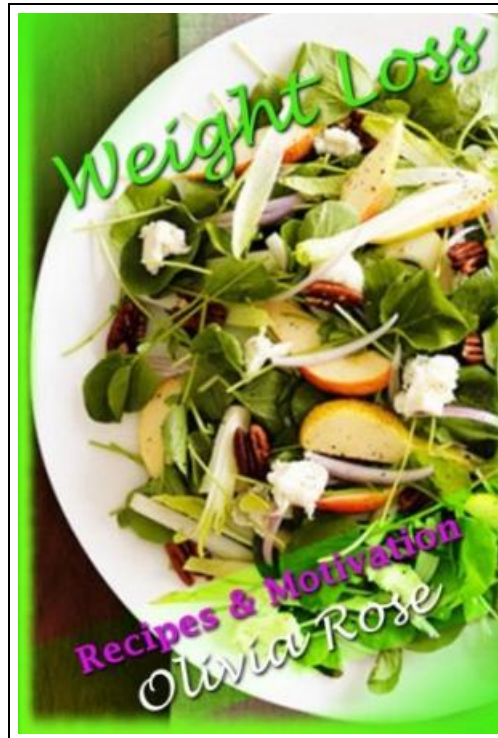


Weight Loss Motivation Recipes - Turn Negative Emotional Eating Into a Positive



Filesize: 8.47 MB

Reviews

Just no phrases to describe. It typically does not price an excessive amount of. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Felton Hessel)

WEIGHT LOSS MOTIVATION RECIPES - TURN NEGATIVE EMOTIONAL EATING INTO A POSITIVE



Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.WEIGHT LOSS MOTIVATION! Turning negative emotional eating patterns into positive ones the right way! This book is written for those who seek truths about how and why we put on weight. Finding someone to motivate us for a short time is easy. Finding our own inner self motivation that will last us throughout our life time is not always so easy. This book will help you create and keep your own personal motivation! The 55 delicious and simple recipes inside of this book are to show the many great options that we have in front of us to help in our weight loss goals. These recipes are written for the person who is trying to find a balance in their diet and maybe needs just a little nudge in the right direction. We can all use a little motivation in our lives at some point no matter who we are. Be ready for something a lot different than the usual weight loss books that are out there. As I also had to open my own mind to see things in a different light so will many others as well. I had spent most of my life following the wrong ideas that worked against the way that our body naturally wants to live. It took me having to reach my wits end before I finally decided to listen to someone who had been telling me what I am going to tell you all along! CALORIE RESTRICTING IS NOT THE ANSWER AND NEVER WILL BE THE ANSWER TO LONG TERM WEIGHT LOSS. I know for many people especially women, this is a very hard pill to swallow...



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