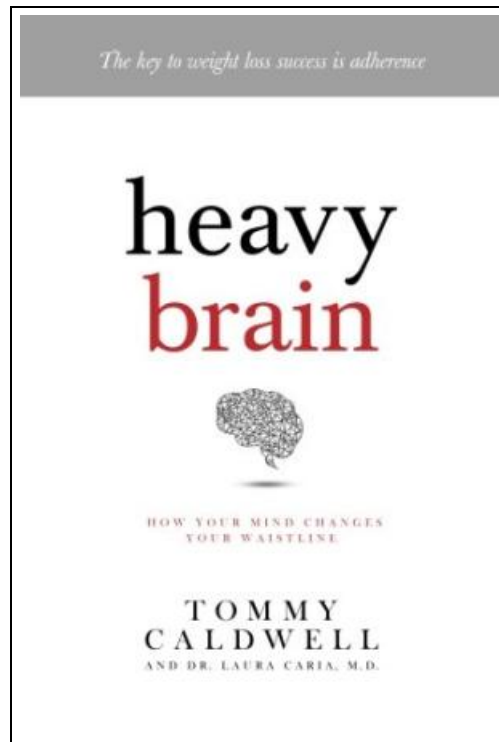


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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. We know we need to eat better. We know we should be more active. And we know we should be living an all around healthier lifestyle. So why is it so hard to stick to our diet and exercise efforts when we want to lose weight and take back control of our health? Is there a better way to succeed in our health and fitness goals? Heavy Brain is the new release from the MetFlex-Rx Diet creators Tommy Caldwell and Dr.Laura Caria, M.D., and inside the pages of their new book they address how the mind is the root of all fitness failure. This eye opening book teaches the reader how to address and correct foundational issues in the way we think about our health. A task that must be accomplished in order for your diet and exercise efforts to stick and give you long term results. Caldwell and Caria argue that the automatic thought patterns we do not address when trying to lose weight are the true root of the unhealthy habits and behaviours (overeating, snacking, technological distractions, and laziness for example) that we can't seem to gain control over and the real cause of most repeated fitness failures and weight problems. The formula for success that the pair of authors teach inside Heavy Brain is quickly changing the face (and success rate) of the weight loss industry. With insightful weight loss principles and simple step by step instructions for how to set yourself up for life-long success, Heavy Brain may just be the last diet book you ever have to read.



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