



How to Stick to a Diet: The Ultimate Guide to Hacking Your Brain for Unstoppable Motivation and Lifelong Diet Success

By Derek Doepker

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Has modern psychology uncovered powerful but simple mind hacks that allow you to literally rewire your brain for unstoppable motivation? In How To Stick To A Diet, you ll discover what the most recent psychological research has uncovered can be done to unlock the motivation you need to reach your health, fitness and weight loss goals, regardless of willpower. Inside you ll discover: Why losing weight through dieting can backfire causing a person to end up more overweight down the road, and what is essential if you want to keep fat off FOREVER. The truth about why diets don t work is both true AND false! (The truth may surprise you!) How 4 core emotional wants (that dictate your behavior) can make it impossible to stick to a diet unless you start to use them the right way. How changing one word you say can flip a switch in your brain to generate willpower on demand. 3 powerful mind hacks that instantly changing your feelings towards any foods! With these hacks in your tool belt,...



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