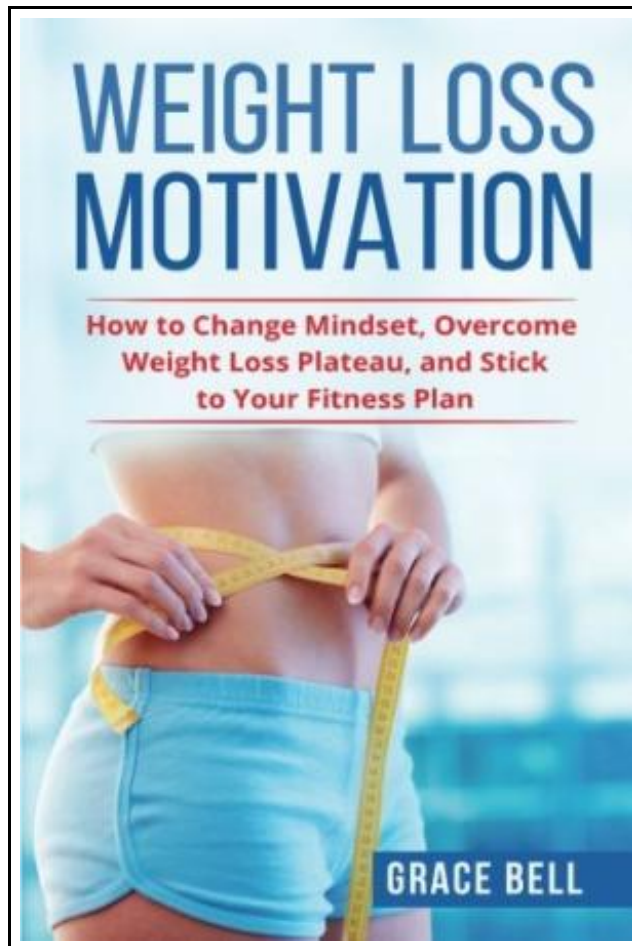


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Weight Loss Motivation A 2011 survey from the International Food Information Council Foundation found that about 70 of Americans are either obese or overweight. This statistic is particularly shocking because 80 of the survey s participants claimed they actively try to maintain a healthy body weight. Why so many people failed in their weight loss efforts? Losing weight requires more than a balanced diet and a regular exercise plan. It requires motivation and determination more than anything else. If you are still hesitating to start a weight loss plan, or you ve taken a few defeats in your efforts, motivation is what keeps you moving forward, no matter what. This book will give you proven strategies and tips to keep you motivated to achieve weight loss goals. By reading this book, you ll learn: - How setting realistic goals is essential to your success - How a positive frame of mind helps you lose weight - How to have fun dieting and motivate yourself to exercise - What is weight loss plateau and how you can overcome this obstacle. Order Weight Loss Motivation right now! ---- TAGS: weight loss motivation for women, weight loss motivation guide, weight loss motivation hacks, weight loss for women, weight loss for dummies, weight loss psychology, lose weight fast.



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