

Weight Loss Motivation: Madness - Why You re Still Stuck with Your Gut



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Reviews

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(Bell Pacocha)

WEIGHT LOSS MOTIVATION: MADNESS - WHY YOU RE STILL STUCK WITH YOUR GUT

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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Weight loss wannabe s it is time to think outside the box.LEARN: Weight Loss Motivation Techniques That WorkThe way people motivate themselves to lose weight is completely backwards. Most of the techniques they start with eventually become mental roadblocks that actually impede their progress. You may have been making these same mistakes this whole time also.No one can blame you. You see how people are perceived to motivate themselves all the time on T.V. either with a personal trainer pushing them, a theme song playing in the background or who knows what else. People assume those techniques are what they need to be motivated to lose weight. They are half right.DISCOVER: Why Weight Loss Motivation Starts With WHY!You can have the best shoes ever made, the best food, the most knowledge, etc. but none of those things will help you lose weight if you do not understand WHY you want to lose weight in the first place. Sure the doctor may have told you why or your spouse why or the late night infomercial why but none of that matters.It is you that has to get out of bed every day and actually want to do the work. All of the external motivation techniques you can use only serve as temporary solutions to a chronic problem - the complete lack of self-motivation due to a disconnect from your WHY.While the reason may seem obvious to others, it may mean nothing to you. Now is the time to take an unorthodox approach to your weight loss motivation. Sure you can still use all those other things like music, affirmations and weight loss groups, but only after you have clarified...

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