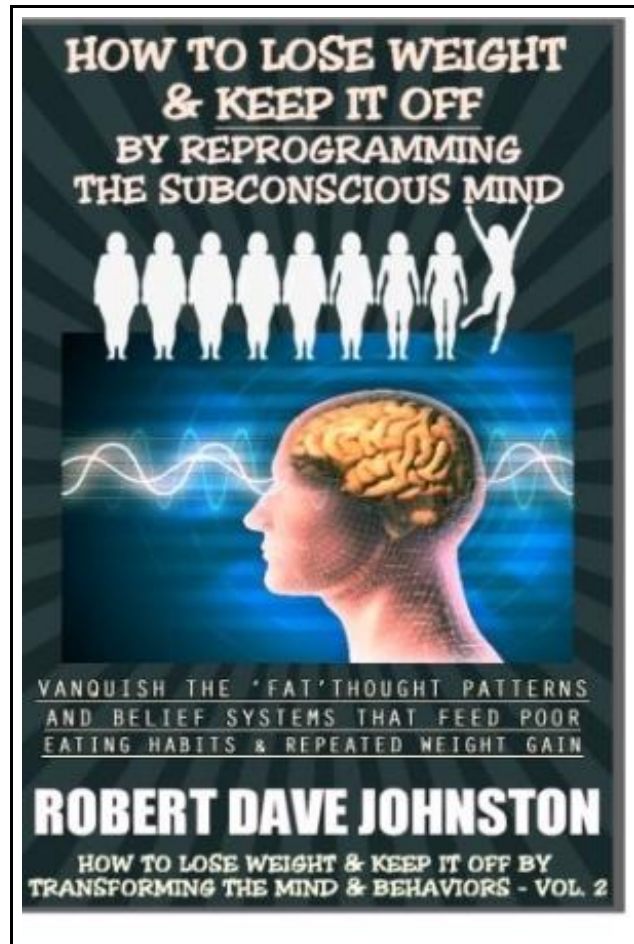


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Createspace, United States, 2013. Paperback. Book Condition: New. 222 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is Volume 2 of the series - How To Lose Weight and Keep it Off by Transforming the Mind and Behaviors. Here s the bottom line: I was stuck in obesity and binge eating for more than 20 years, during which time I trained myself to believe and act upon all sorts of destructive and negative nonsense. And the negativity fueled more overeating which in turn caused more failure and negativity. I was constantly sabotaging my weight toss efforts, often without realizing it because pain and unhappiness had (tragically) become second nature. If I wanted to be free of this poisonous mental chatter, I would have to work at identifying (and overwriting) the conscious and subconscious patterns that fed the insanity and kept me obese and unhappy. I had to create a new mental program that supported and facilitated my goals rather than destroy them. That is what this book is all about. And none of this is breaking news. We ve all have heard of positive thinking, affirmations and visualizations. Here I take those powerful mental tools and apply them directly to weight loss, food and eating. If you have tried to lose weight and fallen short, then implementing the simple but powerful program I outline here will help you to make measurable progress. If you are willing to walk with me and do some work, then this book can become a very powerful ally in your journey towards permanent weight loss. For weight loss support, feel free to visit our community forum at.

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