



Mental Strategies to Defeat Diet Hunger and Junk Food Cravings

By Robert Dave Johnston

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. * Can you imagine yourself capable of facing hunger and cravings and not give in to them? * Can you imagine yourself sticking to your diet month after month without further delay or interruptions? * Can you imagine the pounds dropping off of your body like never before because you have remained consistent? * Can you imagine yourself keeping the weight off year after year and never having to struggle with your weight again? How much would all of this be worth to you? The answer is . LOTS! And helping you to achieve those goals is exactly what this book is all about. Have you tried to lose weight many times and not succeeded? Have you lost weight in the past but regained it in a matter of months? Do you find yourself gung-ho with your diet at one moment, then, just like that, succumb to hunger and or cravings? If so, then you re in the right place. We all know that sticking to a diet long-term can be a challenge. Wanting to eat in-between meals...



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