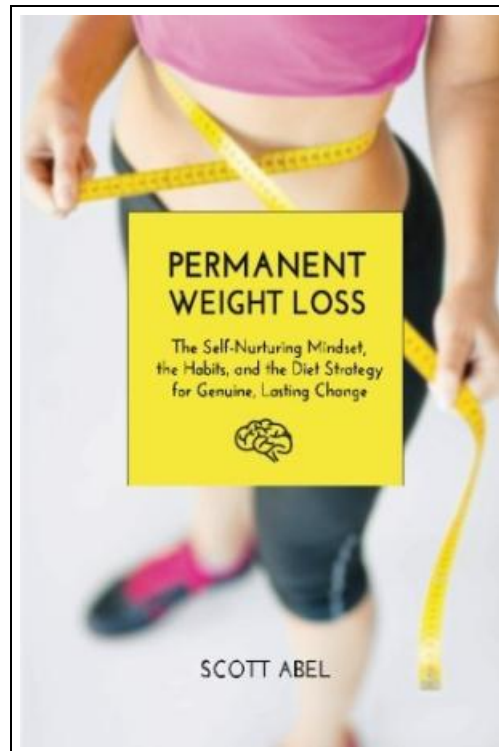


Permanent Weight Loss: The Self-Nurturing Mindset, the Habits, and the Diet Strategy for Genuine, Lasting Change



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(Christopher Ferry)

PERMANENT WEIGHT LOSS: THE SELF-NURTURING MINDSET, THE HABITS, AND THE DIET STRATEGY FOR GENUINE, LASTING CHANGE



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is for you if you have substantial weight to lose (20 lbs. or more) and you are tired of trying different diets and different workout programs. Permanent Weight Loss argues that it isn't about finding just the right diet, or just the right recipes, or the absolute perfect exercise program. Making the transition from weight loss tourist to permanent resident is about changing your approach to diets and dieting; it's about devising a personal diet strategy that is sustainable, reasonable, and effective, and then staying committed to the process of weight loss. Fewer than 10% of dieters consider things like the emotional aspects of eating, dieting, and weight loss when they undertake a new diet. The percentage of actual diets that take these things into consideration must be even smaller. This is why they fail! Losing weight and keeping it off requires getting real about what a journey such as this takes. This book is about going beyond just what you eat, and considering things like day-to-day lifestyle, your sleep health, the daily things that add stress and drain your willpower, and more. However, unlike other books that discuss mindfulness and mindful eating, this book is not against the idea of devising a personal diet strategy. You don't have to rely only on hunger. There are benefits to having a diet strategy in place. (For example, one of the benefits is that a good diet will get you back in touch with your body and inner cues about your hunger and energy.) In this book: Why most diets fail, and how to approach weight loss instead. Getting real about the...



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