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Use whatever it takes to get started, but then try to make weight loss and the associated physical activity fun. Then it becomes much easier to adopt it as a

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~~Permanent Weight Loss Motivation: What It Takes ...~~

Permanent Weight Loss is not just "a diet." In this book, you will learn the emotional strategies, the mental strategies, and the diet and training strategies to lose a lot of weight an This book is for you if you have substantial weight to lose (20 lbs. or more) and you are tired of trying different diets, different workout programs, and not knowing what the solution is.

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As a result, permanent weight loss becomes virtually impossible. According to one New York Times report describing one of these studies, "What shocked the researchers was what happened next: As the...

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Through Motivation, Diet and Exercise you can achieve permanent weight loss by changing the programming in your subconscious mind with hypnosis and the powerful suggestions on this track....

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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.

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Now JoLynn Braley, The F.A.T. Release Coach, is presenting her proprietary, step-by-step proven System to Permanent Weight Loss, The Inner Self Diet™ . Take a first step by grabbing JoLynn's Free 5-Day E-course to discover what's REALLY been stopping you from losing weight for good (and what you can do about it!). Simply enter your first name and email address in the form now!

~~The Inner Self Diet – Permanent Weight Loss Coaching for ...~~

Fast forward to current day and I no longer have to wonder. Thin from Within uses the principles of Self-Coaching via Self-Talk to help conquer issues with

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weight. The content of the book focuses on three "enemies" of weight loss and how to deal with them within yourself. No outside counseling or therapy needed.

~~Thin from Within: The Powerful Self-Coaching Program for ...~~

- Dr. Margaret's Permanent Weight Loss Course - This 12-week home-study course, which includes videos, audios and article packets, teaches you the Steps of Inner Bonding, while also teaching you how to permanently lose weight. Cost: \$297 or \$133/month for three months. Home Study Course Testimonials

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Home Study | Personal Growth | Self-Study Courses

YOUR CURRENT WEIGHT X 12 = calories needed to maintain your weight
To lose 1 pound/week: Cut 500 calories/day
To lose 2 pounds/week: Cut 1,000 calories/day.
Step 3. Track Yourself. Self-awareness is self-motivation: by keeping track of your behavior, you motivate yourself to change because you become more accountable.

~~7 Steps to Permanent Weight Loss | Eating Well~~

Listen to this 8 hour permanent weight loss sleep hypnosis track NIGHTLY to reprogram your powerful subconscious mind for your new healthy, slim body. --
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Mental Weight - Your Key To Long Term Weight Loss
At Motivation, we have developed a unique concept
called 'mental weight'. The idea behind the Mental
Weight concept is to treat the root cause of being
overweight or obese. We believe that dieting alone
deals only with the symptoms.

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