



## Weight Loss for Wimps: Lose Your Belly Fat, Look Younger and Get Healthy, Sexy and Thin (Paperback)

By Kevin C Myers

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you feeling angry, upset, fearful or sad about your weight. how about jealous or envious? Good! Fantastic! Maybe you ve reached the all-important tipping point! Losing weight, just like gaining weight, is an emotional experience. Weight Loss for Wimps is the solution you re looking for to learn HOW to channel your negative emotions and let your positive emotions run wild. This is the process of getting your mindset mojo! You Might Be a Weight Loss Wimp If. \* Your favorite restaurant is an all-you-can-eat buffet \* You start thinking about your New Year s resolution in June \* The longest you ever stay on a diet is 4 days, tops \* You count ketchup as a vegetable \* You don t want to go to the wedding or class reunion because of your weight Finally, a book that includes (among many other things) a step-by-step action plan to combat the most powerful diet busters (Bad Boys) known to man: \* How to deal effectively with Hunger (real and fake) \* How to knock-out any and all Excuses \* How to control...

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### Reviews

*Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and I suggested this book to find out.*

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