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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 permanent way of life,
and suddenly...

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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

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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
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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

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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!

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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 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.

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- Dr. Margaret's Permanent Weight Loss Course - This

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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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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.

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track NIGHTLY to reprogram your powerful subconscious
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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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