



The No Nonsense Guide to Your Life Series: Why Your Weight Will Stay Long Term Unless You Change Your Habits Fast (Weight loss, losing weight, planning, setting goals, diet for weightloss Book 1)

Chance RP

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The proven, tried and true ways successful people meet their goals everyday!

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You're about to discover what qualities separate the successful from the defeated! Why does so many people fail to reach their weight loss goals do to poor motivation and consistency needed to get off the couch and stay off? Its because they don't plan a concrete goal, and a way to get there. This is a book for people who want to create a weight loss program for themselves, focusing on mental fortitude, being active instead of reactive using solid planning, and overall guides to weight loss. This isn't the a book on creating your workout program because only you, your doctor and maybe a nutritionist can give you accurate incite to your body (Although there are lifestyle changes in this book that could benefit anybody)(no pun originally intended).

There are thousands of workout programs out there, and my guess is most of them work. Only problem is that thousands of people are still considered obese or overweight. Why? I believe that planning, habits, and goals ultimately turn self-starters into successful, fit people and that makes all the difference form start to finish. Creating a one- two punch of mind and body takes some work. Heck, Rome wasn't build in a day and neither will habits that SUPPORT your goals. So grab a sheet of paper (and this book while your at it) and write down your goals. Your wants and your dreams. This is the only way successful people make it. Its not because their super special, but because they write down what they are going to do and do it.

My book: "Why Your Weight Will Stay Long Term Unless You Change Your Habits Fast" (Part of the upcoming No Nonsense Guide to Your Life Series), self-help ebook was created because I myself have been in these situations and I have seen friends and loved ones go through this annoying loop of getting on track and falling back off. The most powerful thing you can take form this book is stop minding other peoples business and mind your own. What I mean is when you mind your own business, you put your goals, values and virtues as the top, most important thing on your agenda. In turn, you won't only stop reacting and start acting, but may even chisel out a six pack doing it!

Here Is A Preview Of What You'll Learn...

- Recognizing the Foundation (Mentality overhaul)
- Laying the Foundation (Mental execution)
- Diet Components and Their Workings
- Workout Routines
- Studies Regarding Weight loss

Take action today and download this book so that you will no longer have to live with extra weight ever again for a limited time discount of only \$0.99!

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Tags: Weight loss, Losing Weight, Planning, Goal Setting, Motivation, Goals, goal planning, weight loss program, lose weight, diet, weight loss diet, diet for weight loss, water, vegetables, self esteem, confidence, drinking water, drinking water for weight loss.

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William Fugate:

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Michael Trumbo:

Are you kind of hectic person, only have 10 or even 15 minute in your time to upgrading your mind skill or thinking skill possibly analytical thinking? Then you are receiving problem with the book as compared to can satisfy your small amount of time to read it because this time you only find reserve that need more time to be read. The No Nonsense Guide to Your Life Series: Why Your Weight Will Stay Long Term Unless You Change Your Habits Fast (Weight loss, losing weight, planning, setting goals, diet for weightloss Book 1) can be your answer because it can be read by you actually who have those short free time problems.

George Privette:

In this age globalization it is important to someone to acquire information. The information will make you to definitely understand the condition of the world. The health of the world makes the information quicker to

share. You can find a lot of personal references to get information example: internet, magazine, book, and soon. You can view that now, a lot of publisher that will print many kinds of book. The book that recommended to you is The No Nonsense Guide to Your Life Series: Why Your Weight Will Stay Long Term Unless You Change Your Habits Fast (Weight loss, losing weight, planning, setting goals, diet for weightloss Book 1) this guide consist a lot of the information with the condition of this world now. This particular book was represented how does the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. The particular writer made some analysis when he makes this book. That is why this book appropriate all of you.

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