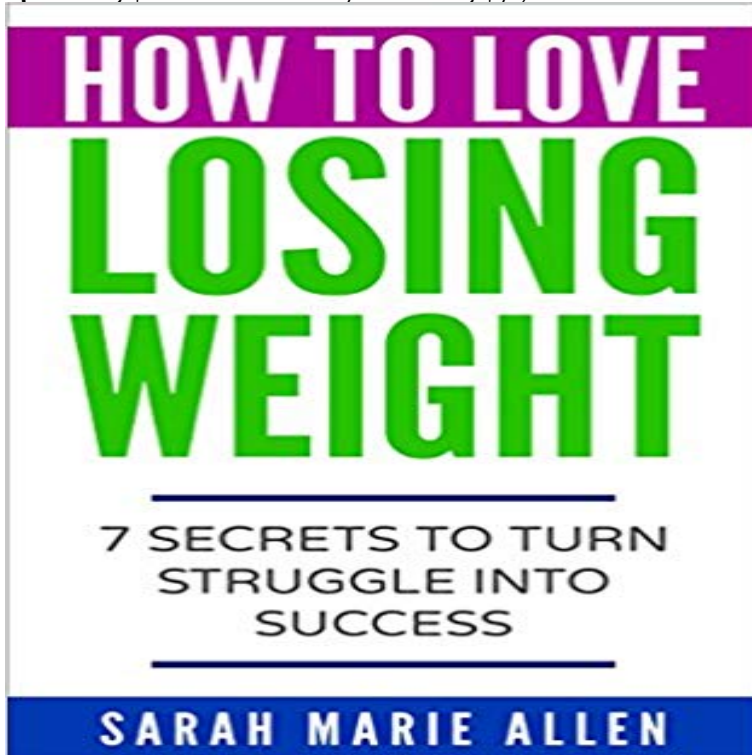


How To Love Losing Weight: 7 Secrets To Turn Struggle Into Success {Weight Loss Psychology, Habits For Losing Weight}



Losing weight can be hard, but who says it has to be? There definitely are people who love being active, staying fit, and eating healthy. These people certainly do exist, and we see them from time to time in our daily lives. So, who says you can't be one of them? Since conquering my own struggle to lose weight, I have gone on to help countless others do the same through my work as a life coach, and as a weight loss, nutrition, and dietary consultant. You can be sure that throughout this time I have pretty much seen it all when it comes to losing weight. This front row seat to the industry has provided me with an incredible insight into what actually separates those who succeed in losing weight vs those who fail, and you may be surprised by what I discovered. Over the years, I found that almost 100% of those who were succeeding in losing weight were applying similar techniques. So, I dedicated my time and my energy to diving further into this research. The funny thing is, what I was finding was that a great many of the success stories were really quite different from one another. I mean, there was no specific diet or exercise that was producing the more favorable results. In fact, what I discovered, is that what really separated the successes from the failures, was perspective. A state of mind, and a way of looking at things, this is what seemed to be making all the difference. But, could it really be so simple!? This book is going to show you how to take control of your health, expertly manage your weight, and carefully influence your mind. In little time at all, you will see that what really separates those who succeed in losing weight, from those who continue to struggle, is a state of mind. After having careful consideration, I have narrowed down my research to involve just seven simple steps. These seven secrets represent the common threads throughout just about every single weight loss success story, and

whether you call them secrets, habits, tricks, the fact is that these 7 steps represent the keys to your success. In this book I've also included some additional resources that you may find to be of benefit, including two bonus secrets that are designed to transition and transformation a heck of a lot easier. I'd like to thank everybody who has already purchased this book and help make it such a success. The amazing results we have experienced could not have been possible without all of you sharing and contributing the way you have. Also, thank you to all of the people who I worked with on this project and who contributed to compiling this research. Your stories and experiences truly are what inspires me to do this.

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