



## 10 Key Strategies for Easy Weight Loss: Mastering the Inner Game (Paperback)

By Katie Darden

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Tired of trying diet after diet? Ready to make a healthy decision to regain the body you love? Want to look on the outside as beautiful as you are on the inside? This book may be the answer for you. If you want a safe and effective way to conquer this thing once and for all, a program you can modify to meet your own body and lifestyle needs, something that will be permanent and not just a fad, then the processes in this book can help you. The 10 Strategies you ll learn include: Strategy 1 - Start With Yourself - Not With The Diets Out There Strategy 2 - Less IS More Strategy 3 - Breakfast - The Healthy Way Strategy 4 - Stop Eating When You Are Satisfied. Strategy 5 - Water - The Elixir of Life Strategy 6 - Shake Your Booty Strategy 7 - The Power of Your Environment Strategy 8 - Getting From Here to There Strategy 9 - Celebrate Your Progress!! Strategy 10 - Finding Your Personal Cheerleaders What To Do...



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