

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 Next~~~~~ This is NOT a diet book - although we discuss some different approaches to diet plans. These strategies are a result of my own personal journey - a collection of what I've learned over many years of struggling to keep a healthy weight. Like anything worth having, there are some specific steps that are necessary. It takes making a commitment and sticking to your plan. It takes your willingness to get right back on track again if you fall off. It takes a fundamental shift in your beliefs. But it's definitely do-able. I know. I've done it. ~~~~~ This book does not advocate any particular diet. The strategies work by themselves, and will support most healthy eating plans. Audio versions of the NLP/Hypnosis/Visualization Processes (written versions in book) available through Amazon as CD ([amazon.com/dp/B00CF65F8E](http://amazon.com/dp/B00CF65F8E)) or as MP3 download from my website.

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