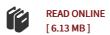




How to Stick With Your Diet and Exercise Program (Paperback)

By Lyn Kelley Ph D

Createspace Independent Publishing Platform, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. New, updated edition 2019. The purpose of this book is to motivate you to start, continue, and maintain your diet and/or fitness program. As a motivational coach, Dr. Lyn has assisted people with diet, fitness and health for over two decades. She doesn't give you a specific diet or exercise program to follow. There are plenty of those already out there, and they're not working because people just don't stick with them! Instead, she will solve the problem which millions of people face, which is failing to stick with it. Motivation is the key factor in the success of any change program. She gives you the best research results and proven strategies that will MOTIVATE YOU to stick with (and achieve) your diet and exercise goals. The workbook pages will assist you with the support you need. PLUS, a guided meditation that will propel you beyond belief! So let's get started. Today! Here's what you'll get: The 5 Most Crucial FactorsThe 30-Day SecretChapter One: The ProblemWhat the Experts SayCosts to Society (and YOU)Emotional EatingExercise - The Fountain of YouthThe Golden Rule of FitnessChapter Two: The...



Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- Andres Bashirian

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- Lacy Goldner