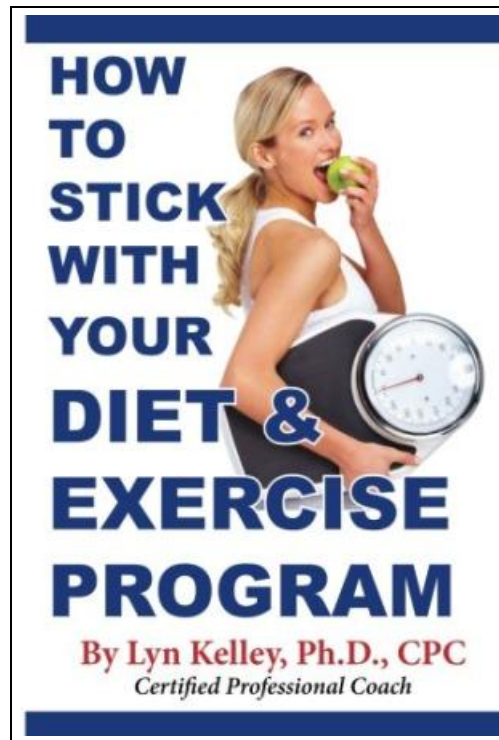


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HOW TO STICK WITH YOUR DIET AND EXERCISE PROGRAM (PAPERBACK)



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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 SolutionThe Model for Lasting Behavior ChangeThe 5 Stages You Must Go ThroughProven Motivational TechniquesChapter Three: How to Implement the ModelWhere Are You Now, and Where Do You Want to Go?Why Keeping a Written Record is MandatoryChapter Four: StagingPrecontemplationContemplationPreparationActionMaintenanceChapter Five: Other Factors and Models Promoting Positive Diet and Exercise BehaviorsUse of TechnologyPositivity and AttitudeSocial SupportThe "Plateau"The "Yo-Yo" EffectDr. Oz's Health, Diet and Fitness TipsThe Biggest Loser: 10 Weight-Loss Secrets from Alison SweeneyDr. Lyn's 18 Weight Management Rules to Live ByChapter Six: Calm Down to Slim DownResearch on Mindfulness and Weight3 Powerful Mindfulness Exercises9 Thoughts That Can Make You ThinThe Spiritual Cure...

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