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Bound by Numbers: Abandoning the Control Weight Has Over You

By Angela Lutz

WestBow Press, United States, 2012. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Our society is obsessed with numbers. We are compelled to search for success based on an arbitrary quantity of fat grams and carbohydrates. We are convinced that victory is hidden just beyond our reach in the number of reps we complete or the size stamped on the waistband of our jeans. So we buy the hype and join another program and begin again. Unfortunately, in no time we find ourselves at the losing end of another battle for self-control. We carry around the disappointment, and it glares back every time we glance in the mirror. Our failures mock our clothing preferences, complicate our food choices, and interfere with our relationships. We would try again, but looking at our past littered with dangerous diet pills and extreme food plans, unused exercise equipment and discarded gym memberships, we are convinced there is no point. If the past is any indication, success--even if it is achievable--will be short-lived and meaningless. Why bother? The truth is, success is not bound to a number. Disorderly eating and a poor self-image are not...



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Reviews

Very beneficial to all category of folks. We have study and that i am sure that i will planning to go through yet again again in the future. Its been printed in an extremely straightforward way in fact it is just soon after i finished reading this pdf where actually changed me, alter the way i really believe.

-- **Emmett Mann**

Comprehensive information! Its this sort of great go through. It really is rally interesting through studying time. I am just quickly can get a satisfaction of looking at a created pdf.

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