

BOOKS ABOUT LOSING WEIGHT



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It was after I first began to uplift my thoughts a bit that my cravings for junk food started to dissipate. I did not connect the two at that time.

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Top 5 Weight Loss Books LIVESTRONG COM

The book details why some people lose weight and keep it off, while others regain weight shortly after losing it. You'll get practical advice on how to overcome obstacles such as stress, emotional eating and binge eating. Meal planning and recipes are part of the book. The book emphasizes changing long-term habits, rather than offering a trendy quick fix.

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The premise behind this book is that 20 pounds is what you need to make meaningful improvements to your health. A 20-pound weight loss will also help you slow down the aging process. As you age, many aspects of your former vitality seem to change. You have more trouble losing weight. You may even find yourself gradually gaining weight over time.

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She can't fit in anything and she knows she's always the biggest one in the room. She knows her problems started as a child. Her mother would often put her on diets and say she was overweight, when there was no need for her to do so. When Shauna left home, her weight piled on because she realized that she could pick her own food.

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What is the best book on losing weight Quora

I haven't. But I have lost about 10 kg a long time ago, after a period in my life when I was working too much at the office, getting stressed, didn't have enough time to exercise adequately and at the same time probably ate more than necessary (I am a stress eater, and that doesn't help). Basically

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