



Weight Loss Made A Bit Easier

Author : Larry Zafran / **Category :** Uncategorized / **Total Pages :** 208 pages

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Summary : Free weight loss made a bit easier pdf download - a book by independent author larry zafran who overcame three decades of being overweight it is important for the prospective reader to understand for whom this book is not intended and what this book is not about this is not a diet book it does not include recipes menu plans eating schedules or calorie listings it is not an exercise book it does not include exercise schedules or routines or pictures or detailed descriptions of exercises it does not imply that losing weight is fast fun or easy this book is not intended for anyone waiting for a weight loss solution in the form of a new food drink diet exercise dvd gadget drug or supplement it is not intended for anyone hoping to lose weight via counting calories and regular weigh-ins it is not intended for anyone morbidly obese or who has a medical condition requiring a doctor s supervision or anyone convinced that s he is genetically programmed to be overweight this book is intended for adults with stypical modern lifestyles who are willing and able to accept that efficient and permanent weight loss requires basic effort and awareness as well as small gradual practical changes to both eating and exercise habits the author is not a doctor celebrity personal trainer or dietician after briefly describing his personal weight loss story the book provides guidance for becoming aware of one s eating and exercise patterns and slowly modifying them such that any changes are sustainable for life the book includes chapters on emotional and interpersonal issues in weight loss the impact of restaurants fast food advertisers the news media american culture and myths the author advocates using a detailed journal to track patterns and foster accountability a companion journal is available but need not be purchased the book describes how to make a journal oneself blank pages from the companion journal may be printed at no cost via the author s website which also hosts a discussion forum

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