



The Wellspring Weight Loss Plan

Author : Daniel S Kirschenbaum / **Category :** Health & Fitness /
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Summary : Free the wellspring weight loss plan pdf download - the wellspring weight-loss plan outlines the weight-loss program of the same name that has helped thousands of teens lose weight and find happiness this plan is built on three principles science simplicity and sustainability and follows the 3-1-8 plan 3 simple behavioral goals eat as little fat as possible walk at least 10 000 steps per day and write down your eating and activities 1 challenging mission to develop a healthy obsession 8 steps to developing a healthy obsession make the decision know the enemy your biology eat to lose find lovable foods that love you back move to lose self-monitor and plan consistently understand and manage stress with and without food and use slump busters to overcome slumps hundreds of news and television stories around the world have followed the development of wellspring s programs starting with two camps in the summer of 2004 and expanding to 12 programs in the summer of 2010 from wellspring camps to wellspring academies the world s first boarding schools for overweight teenagers to wellspring vacations and retreats eight-day programs for adults wellspring participants learn to master the 3-1-8 approach described in the wellspring weight-loss plan find out why this program works and use it to transform the lives of teens you know

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the weight of the matter - university of rochester - wellspring; author of the wellspring weight loss plan (benbella books, 2011). ... as a therapist and designer of weight loss programs for adolescents, i talk to

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