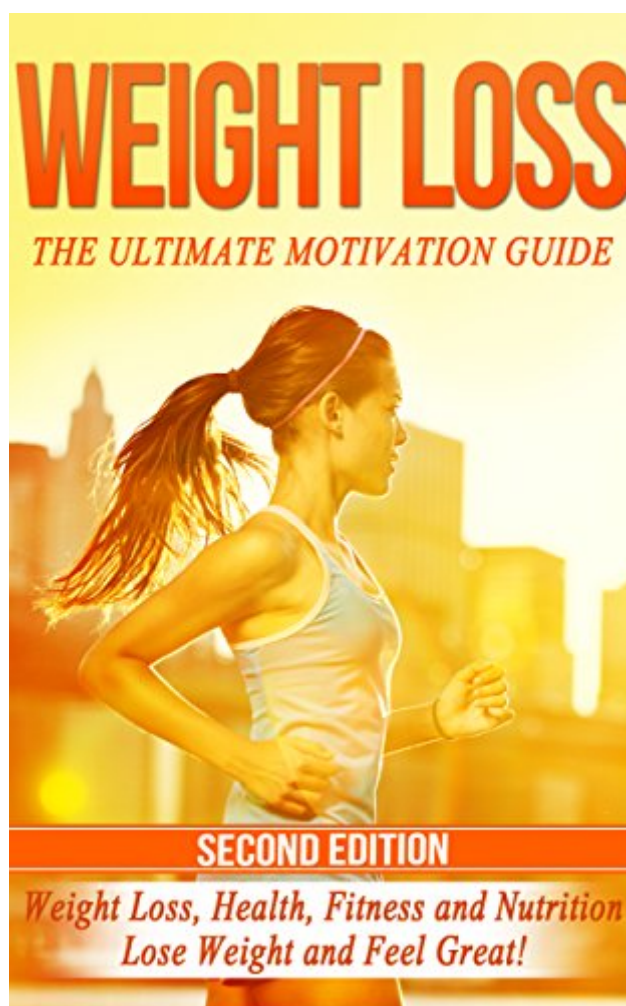


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# **Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness And Nutrition - Lose Weight And Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor)**





## Synopsis

LOSING WEIGHT HAS OFTEN BECOME A LOSING BATTLE FOR MOST PEOPLE. IT'S EASY TO COME UP WITH THE DECISION TO LIVE HEALTHIER, BUT THE DIFFICULT PART IS TO STICK TO THAT DECISION. DOES THIS SOUND LIKE YOU? DO YOU FEEL AS IF YOU LACK THE DRIVE TO STICK TO YOUR MEAL PLAN AND EXERCISE REGIMEN? THEN THIS BOOK IS FOR YOU! These days, losing weight and staying healthy are no longer options. They are a must! However, there are too many barriers, both external and internal, that seemingly prevent people from losing weight, and when it comes to a healthy lifestyle, you sometimes become your own worst enemy. Do you find yourself dragging your feet when it's time to go to the gym or even just starting your workout at home? Do you find yourself resenting the limited food choices and small portions you get to consume? The contents of this book will not only get you fired up to set your fitness goals, but it will also give you the drive necessary to achieve them! With the contents of this book, your dream of a healthy body and a healthy lifestyle would no longer be out of reach. Here's what this book has in store for you: Knowledge to make inner breakthroughs and master your body through your mind Information on both internal and external motivation Insider tips on the challenges you need to overcome Techniques to empower yourself and take control of your weight loss PLUS, you'll learn about: Highly effective meal planning Getting support from family and friends Goal setting and variation in your workouts See how easy it would be to achieve your weight loss goals with the help of this book! Act now, and do not delay. **DOWNLOAD YOUR COPY TODAY!**

## Book Information

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## Customer Reviews

As I am trying to lose weight myself, I am glad to find a book that literally walks me step by step. I am glad that this book helps kick stress out of my life and create new healthy daily habits. The book delivers a lot of great content and devices in order to weight loss fast but it is not only about diets and exercises, it also lets you know about the importance of mindset and create vision boards in order to accomplish your goals. The author advice and suggestions are helpful for improving one's fitness and can even possibly be applicable to other areas of life as too. I also thought that the writing was motivating and really makes the reader want to improve.

Motivation is one of the HARDEST but necessary steps in losing weight. I don't need to lose a lot. 25 pounds post baby weight and I would be a happy camper. I am a busy Mom. I run around this house with a little one all day. Up and down stairs, from one room to the other. I thought I was getting a lot of exercise until I got a step tracker. I was using a Pivotal Living Band - Activity + Sleep Tracker and realized I wasn't getting NEAR the amount of steps necessary to lose weight. I was hitting about 650 but needed at least 1,000. I needed some motivation to get outside. Walk, run, get moving! Take the little guy with me and walk (or push him in a jogger). I needed motivation! This guide has helped me see the way to get there through positive encouragement. Nicholas writes in a kind and thoughtful manner that I appreciate immensely. His thoughts on a diet plan are working for me as well. This was a quick read but one I will re-read when I feel I need that extra push. It's informative and help me concentrate on the necessary steps, frame of mind and challenges I can overcome.

This is the 1st Motivational book I have read that is actually motivating and gives the reader tips on doing this in a realistic approach for ones self. This is not a book that preaches at the reader. The author helps you to consider all the ways you need to be motivated in your journey to better health

and how to achieve it. It is definitely worth your time to use this book as one of the tools among many others available to you.

In everything that we do, motivation takes a great part even in losing weight you have to be so much motivated so that you will achieve the body that you wanted. However, fear always contradicts motivation. Just like what was said in this book. When you tried losing weight in the past and you failed, there is already fear in you and your motivation to do the same thing is affected. This book is so inspirational. The author said that when your motivation to losing weight is lost, this book can be a good one to lean on. All the suggestions here are all helpful. This is a nice book to have.

Excellent book on weight loss! I liked the chapter on how motivation works! There is a lot more to motivation than meets the eye. Losing weight is only half the battle - staying motivated is the other half and this book gives some great ideas. How to boost your motivation to maintain your diet plan was also excellent! There is a lot of great info in this book which I was impressed by. There are a lot of diet books but not too many books on this topic. For anyone wanting to lose weight, this is an excellent book. For anyone wanting to keep the weight off, this is also an excellent book.

If you want to get things done you require the ideal motivation, particularly if you want to lose weight. So you have to discover a source for your motivation. This book shows how motivation works in the several phases of motivation to get things done and to develop methods to enhance your internal and external motivation. By learning ways to concentrate and improve your motivation, you will certainly discover a lot about yourself and how your mind works. I highly recommend this book to all who begin a diet and want to stay motivated.

I downloaded this book for free on my kindle app. I really enjoyed this book, as a person who finds motivation to be a difficult thing for me. I loved the break down and explanation of it. This book gives you great tips to weight loss. If you're looking for something with a little more, this is the one for you! I also like that I was able to get it on my kindle app, it's there for me to read and doesn't take up space.

Great book! This book helps put into words all of the advice and aspects of motivation and inspiration that are needed to help lose weight and/or exercise. Practical, easy to follow advice for anyone. Well written and easy to read. Recommend!

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Simple Weight Loss Recipes To Lose 20 Pounds in 30 Days and Increase Energy Without Exercise!: Weight Loss Recipes (Slow Carb Weight Loss Book 1) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) The Sugar Detox: Lose the Sugar, Lose the Weight--Look and Feel Great

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