



**The No Nonsense Guide to Your Life Series: Why
Your Weight Will Stay Long Term Unless You
Change Your Habits Fast (Weight loss, losing
weight, planning, setting goals, diet for weightloss
Book 1)**

Chance RP

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The proven, tried and true ways successful people meet their goals everyday!

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You're about to discover what qualities separate the successful from the defeated! Why does so many people fail to reach their weight loss goals do to poor motivation and consistency needed to get off the couch and stay off? Its because they don't plan a concrete goal, and a way to get there. This is a book for people who want to create a weight loss program for themselves, focusing on mental fortitude, being active instead of reactive using solid planning, and overall guides to weight loss. This isn't the a book on creating your workout program because only you, your doctor and maybe a nutritionist can give you accurate incite to your body (Although there are lifestyle changes in this book that could benefit anybody)(no pun originally intended).

There are thousands of workout programs out there, and my guess is most of them work. Only problem is that thousands of people are still considered obese or overweight. Why? I believe that planning, habits, and goals ultimately turn self-starters into successful, fit people and that makes all the difference form start to finish. Creating a one- two punch of mind and body takes some work. Heck, Rome wasn't build in a day and neither will habits that SUPPORT your goals. So grab a sheet of paper (and this book while your at it) and write down your goals. Your wants and your dreams. This is the only way successful people make it. Its not because their super special, but because they write down what they are going to do and do it.

My book: "Why Your Weight Will Stay Long Term Unless You Change Your Habits Fast" (Part of the upcoming No Nonsense Guide to Your Life Series), self-help ebook was created because I myself have been in these situations and I have seen friends and loved ones go through this annoying loop of getting on track and falling back off. The most powerful thing you can take form this book is stop minding other peoples business and mind your own. What I mean is when you mind your own business, you put your goals, values and virtues as the top, most important thing on your agenda. In turn, you won't only stop reacting and start acting, but may even chisel out a six pack doing it!


Here Is A Preview Of What You'll Learn...

- Recognizing the Foundation (Mentality overhaul)
- Laying the Foundation (Mental execution)
- Diet Components and Their Workings
- Workout Routines
- Studies Regarding Weight loss

Take action today and download this book so that you will no longer have to live with extra weight ever again for a limited time discount of only \$0.99!

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Tags: Weight loss, Losing Weight, Planning, Goal Setting, Motivation, Goals, goal planning, weight loss program, lose weight, diet, weight loss diet, diet for weight loss, water, vegetables, self esteem, confidence, drinking water, drinking water for weight loss.

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From reader reviews:

Roy Christy:

Now a day individuals who Living in the era wherever everything reachable by match the internet and the resources included can be true or not call for people to be aware of each details they get. How a lot more to be smart in acquiring any information nowadays? Of course the answer then is reading a book. Examining a book can help individuals out of this uncertainty Information specifically this The No Nonsense Guide to Your Life Series: Why Your Weight Will Stay Long Term Unless You Change Your Habits Fast (Weight loss, losing weight, planning, setting goals, diet for weightloss Book 1) book because this book offers you rich info and knowledge. Of course the details in this book hundred percent guarantees there is no doubt in it you probably know this.

Pearl Sanders:

A lot of people always spent their free time to vacation or go to the outside with them household or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you read you can spent all day every day to reading a reserve. The book The No Nonsense Guide to Your Life Series: Why Your Weight Will Stay Long Term Unless You Change Your Habits Fast (Weight loss, losing weight, planning, setting goals, diet for weightloss Book 1) it is quite good to read. There are a lot of those who recommended this book. They were enjoying reading this book. In the event you did not have enough space to develop this book you can buy often the e-book. You can m0ore quickly to read this book from a smart phone. The price is not too costly but this book offers high quality.

Percy Brown:

Do you have something that that suits you such as book? The publication lovers usually prefer to select book like comic, small story and the biggest you are novel. Now, why not seeking The No Nonsense Guide to Your Life Series: Why Your Weight Will Stay Long Term Unless You Change Your Habits Fast (Weight loss, losing weight, planning, setting goals, diet for weightloss Book 1) that give your entertainment preference will be satisfied by simply reading this book. Reading practice all over the world can be said as the means for people to know world considerably better then how they react in the direction of the world. It can't be stated constantly that reading routine only for the geeky man or woman but for all of you who wants to possibly be success person. So , for all of you who want to start examining as your good habit, it is possible to pick The No Nonsense Guide to Your Life Series: Why Your Weight Will Stay Long Term Unless You Change Your Habits Fast (Weight loss, losing weight, planning, setting goals, diet for weightloss Book 1) become your starter.

Gordon Woods:

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