

29 Days ... To Your Perfect Weight - , Richard Fast

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Diets, fads and quick fixes to losing weight never last. If, and that's a big IF, people manage to reach their desired weight, they seldom know how to keep it off. Statistics show that 97% of dieters gain the weight back and even more. Losing weight, without the ability to keep it off, effortlessly and permanently, is of little value. In 29 DAYS ... to your perfect weight, you will change your fundamental beliefs. For twenty-nine days your "free" online coach will guide you through a life changing step-by-step journey toward developing a new awareness of the triggers and causes of your weight gain. With a new understanding of your old eating habits, you can effortlessly create new habits that will be with you for good. 29 DAYS does not require willpower or a restricted diet. By changing the way you think and feel you can effortlessly lose your excess weight and keep it off ... for the rest of your life. Author: Bertolin, Michele Author: Fast, Richard Publisher: 29 DAYS Inc. Illustration: N Language: ENG Title: 29 DAYS ... to your perfect weight Pages: 00000 (Encrypted PDF) On Sale: 2010-06-10 SKU-13/ISBN: 9780986537752 Category: Health & Fitness : Weight Loss

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