



Clearing your Path to Permanent Weight Loss: The truth about why you've failed in the past, and what you must know to succeed now.

Cookie Rosenblum

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Are you trying to lose weight?

Are you tired of trying to lose weight?

Before you start another diet, put yourself on 'pause' and take a deep breath. This book will help you with a crucial step that most people who want to lose weight overlook: figuring out what's gone wrong in your past efforts.

Do you know exactly why you haven't been able to lose weight and keep it off? It all starts in your mind. And until you correct some basic errors in the way you think about weight loss, you may be doomed to keep repeating your mistakes, over and over again.

In 30 short and sweet lessons, along with thought-provoking corresponding worksheets, you will finally learn how to lose weight on whatever program you choose.

This book won't tell you what to eat, but instead will help you put together all the puzzle pieces that have held you back from your perpetual goal of real weight loss. You will learn key concepts from the coaching field, basic psychology and simplified, understandable brain science that will give you the answers to why you've failed before, and then give you some ammunition to successfully move forward.

Weight loss is really not a mystery. But you need the right tools and the right mindset. Clearing Your Path to Permanent Weight Loss gives you exactly that. A look at where you've been, an understanding of why and how you created the extra weight you're carrying around, the common mistakes you've made, and the solutions.

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From reader reviews:

Patrick Vanmeter:

The feeling that you get from Clearing your Path to Permanent Weight Loss: The truth about why you've failed in the past, and what you must know to succeed now. will be the more deep you looking the information that hide inside words the more you get interested in reading it. It doesn't mean that this book is hard to be aware of but Clearing your Path to Permanent Weight Loss: The truth about why you've failed in the past, and what you must know to succeed now. giving you excitement feeling of reading. The article writer conveys their point in a number of way that can be understood by means of anyone who read this because the author of this book is well-known enough. This book also makes your own vocabulary increase well. Therefore it is easy to understand then can go together with you, both in printed or e-book style are available. We suggest you for having that Clearing your Path to Permanent Weight Loss: The truth about why you've failed in the past, and what you must know to succeed now. instantly.

Sherrie Smith:

Spent a free time to be fun activity to complete! A lot of people spent their down time with their family, or their own friends. Usually they carrying out activity like watching television, likely to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Can be reading a book might be option to fill your free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the guide untitled Clearing your Path to Permanent Weight Loss: The truth about why you've failed in the past, and what you must know to succeed now. can be good book to read. May be it may be best activity to you.

Bernard Taylor:

People live in this new morning of lifestyle always try to and must have the time or they will get wide range of stress from both everyday life and work. So , if we ask do people have extra time, we will say absolutely sure. People is human not only a robot. Then we request again, what kind of activity have you got when the spare time coming to you actually of course your answer will unlimited right. Then do you ever try this one, reading guides. It can be your alternative in spending your spare time, the particular book you have read is actually Clearing your Path to Permanent Weight Loss: The truth about why you've failed in the past, and what you must know to succeed now..

Robert Cox:

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