



10 Mistakes to Avoid When Losing Weight: What Could Be Holding You Back from Your Breakthrough (Paperback)

By Gladimir Simeon

Simeon Group Publishing, Inc., 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you frustrated with not being able to lose weight? Are you tired of quitting on yourself and others and want to prove to yourself you can lose weight? If you are tired of feeling fat and repeating the same struggles with weight loss, then this book is for you. Written with you in mind, this book is meant to give you the breakthrough you need in order to lose the weight you want. Every year in January our gyms are flooded with people attempting to lose weight. They start off well, but all too many quit before the end of the month. They tend to get more overweight and more frustrated every year. What they don't realize is that despite their best intentions, they are repeating the same mistakes, year after year, that increases that weight, saps drive and repeats the cycle. Year after year. This book will help you identify and change aspects of your weight loss approach, in a practical way and easy to apply way. This is not a fad diet, magic pill or gimmick book....



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