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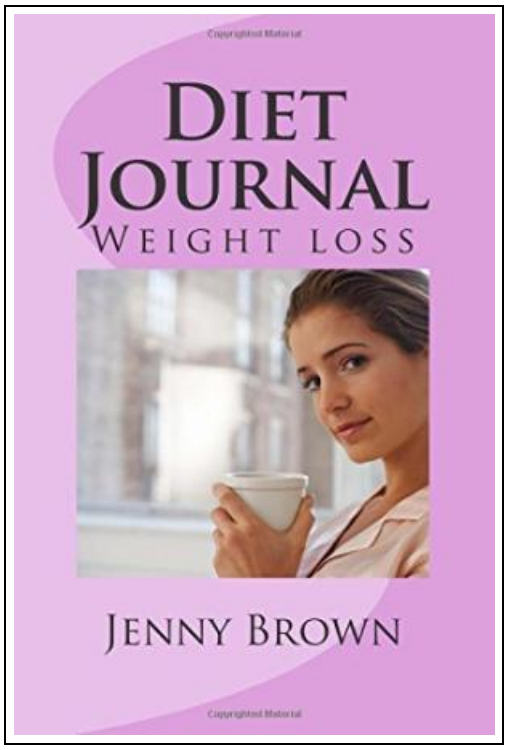

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Reviews

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DIET JOURNAL: WEIGHT LOSS

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Allow me the opportunity to tell you what I learnt along my journey of dieting. The good, the bad and the ugly of dieting. I am not going to give a lot of words and useless information. Neither am I not going to give you the secret recipe that only I have that will make the pounds just melt away with hardly any effort. I am going to give the bottom line and that is it is imperative to keep a Diet Journal. Let me emphasize how important it is to keep a journal because it is what it takes to lose weight and keep it off and thus maintain a healthy diet plan and healthy life style. Your Journal will be a key component on directing your diet in the best direction that will help you on your weight loss and better health journey. There are dozens of other books waiting for you to purchase and will give you that warm fuzzy feeling as they wax so eloquently with their words and ask you to live in their dream world. This Diet Journal is where the rubber meets the road. No fluff or wild claims, just the hard work of changing your eating habits for the better. You do want to have more energy and better health and quite possibly a longer healthier life style? My question to you is did you know that writing a food journal is one of the best and scientifically proven ways to lose weight? Because many people who are overweight have lost touch with what, when and how much they eat. They do not remember all the empty calories they are...

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