

## How to Stick With Your Diet and Exercise Program (Paperback)



Filesize: 1.83 MB

### ***Reviews***

*Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.*  
*(Germaine Welch)*

**HOW TO STICK WITH YOUR DIET AND EXERCISE PROGRAM (PAPERBACK)**

Createspace Independent Publishing Platform, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. New, updated edition 2019. The purpose of this book is to motivate you to start, continue, and maintain your diet and/or fitness program. As a motivational coach, Dr. Lyn has assisted people with diet, fitness and health for over two decades. She doesn't give you a specific diet or exercise program to follow. There are plenty of those already out there, and they're not working because people just don't stick with them! Instead, she will solve the problem which millions of people face, which is failing to stick with it. Motivation is the key factor in the success of any change program. She gives you the best research results and proven strategies that will MOTIVATE YOU to stick with (and achieve) your diet and exercise goals. The workbook pages will assist you with the support you need. PLUS, a guided meditation that will propel you beyond belief! So let's get started. Today! Here's what you'll get: The 5 Most Crucial FactorsThe 30-Day SecretChapter One: The ProblemWhat the Experts SayCosts to Society (and YOU)Emotional EatingExercise - The Fountain of YouthThe Golden Rule of FitnessChapter Two: The SolutionThe Model for Lasting Behavior ChangeThe 5 Stages You Must Go ThroughProven Motivational TechniquesChapter Three: How to Implement the ModelWhere Are You Now, and Where Do You Want to Go?Why Keeping a Written Record is MandatoryChapter Four: StagingPrecontemplationContemplationPreparationActionMaintenanceChapter Five: Other Factors and Models Promoting Positive Diet and Exercise BehaviorsUse of TechnologyPositivity and AttitudeSocial SupportThe "Plateau"The "Yo-Yo" EffectDr. Oz's Health, Diet and Fitness TipsThe Biggest Loser: 10 Weight-Loss Secrets from Alison SweenyDr. Lyn's 18 Weight Management Rules to Live ByChapter Six: Calm Down to Slim DownResearch on Mindfulness and Weight3 Powerful Mindfulness Exercises9 Thoughts That Can Make You ThinThe Spiritual Cure...



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## Other Kindle Books

**Your Little Steps to Self Confidence for Life: Includes a Free 30 Day Personal Development Course Little Steps (Paperback)**

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English. Brand new Book. LIMITED TIME OFFER: Free 30 Day Personal Development Course! "Just wanted to say an enormous big thank you for this...

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**Summary of The First 90 Days, Updated and Expanded: Proven Strategies for Getting Up to Speed Faster and Smarter by Michael Watkins (Paperback)**

Important Publishing, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. The First 90 Days, Updated and Expanded: Proven Strategies for Getting Up to Speed Faster and Smarter by Michael Watkins - Book...

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Audible Studios on Brilliance, United States, 2015. CD-Audio. Condition: New. Unabridged. Language: English. Brand new. Find success in finance, friendships, and spirituality with the advice of a well-known expert. It's safe to say that nearly...

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**FRCR Physics MCQs in Clinical Radiology (Hardback)**

Springer Verlag, Singapore, Singapore, 2018. Hardback. Condition: New. 1st ed. 2019. Language: English. Brand new Book. This book offers a collection of specimen multiple choice questions (MCQs) for the first FRCR examination in clinical radiology...

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**Business Secrets from the Bible: Spiritual Success Strategies for Financial Abundance Format: Hardcover**

John Wiley and Sons. Condition: New. Brand New.

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**Ventures: Ventures Level 1 Value Pack (Student's Book with Audio CD and Workbook with Audio CD) (Mixed media product)**

CAMBRIDGE UNIVERSITY PRESS, United Kingdom, 2013. Mixed media product. Condition: New. 2nd Revised edition. Language: English. Brand new Book. Ventures 2nd Edition is a six-level, standards-based ESL series for adult-education ESL. The Ventures 2nd Edition

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Amazon Digital Services LLC - Kdp Print Us, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. Love the feeling of accomplishment when a task is ticked off your to do list? Then

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CAMBRIDGE UNIVERSITY PRESS, United Kingdom, 2015. Mixed media product. Condition: New. Teachers Guide. Language: English. Brand new Book. Unlock is a five-level academic skills course that combines carefully scaffolded exercises, a comprehensive approach to critical

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SIMON & SCHUSTER, United States, 2007. Hardback. Condition: New. Language: English. Brand new Book. LIFE HAPPENS. Happiness and Healing are yours for the choosing. We've all been hurt by other people, we've hurt ourselves, and

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**The Little Book of Yes: How to win friends, boost your confidence and persuade others (Paperback)**

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