



# Weight Loss Motivation for Women: Change Your Mindset, Stop Torturing Yourself with Perfectionism, and Create Super Healthy Habits You Enjoy!

By Elena Garcia

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. You deserve to be the strongest version of yourself so that you can juggle all that your life throws at you! Forget about dieting and torturing yourself with unrealistic fads. It s not about perfection. It s about progress. I wrote this book for a reason. I want to give you freedom from deprivation diets, freedom from bad days and hormonal imbalances, freedom from sleepless nights, and freedom from living in the past or in the future. The life is now! You deserve to discover something better. You see, most women are not living. They are surviving. Why? Because womens lives are so busy and we spend so much of our time nurturing others, we have a full arsenal of excuses to combat our own efforts at maintaining our own wellbeing. There is no better day than today to start making simple changes that will make you feel and look so much better. Youve taken a first step by having a look at this book and admitting that your lifestyle could use some healthy changes!...



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