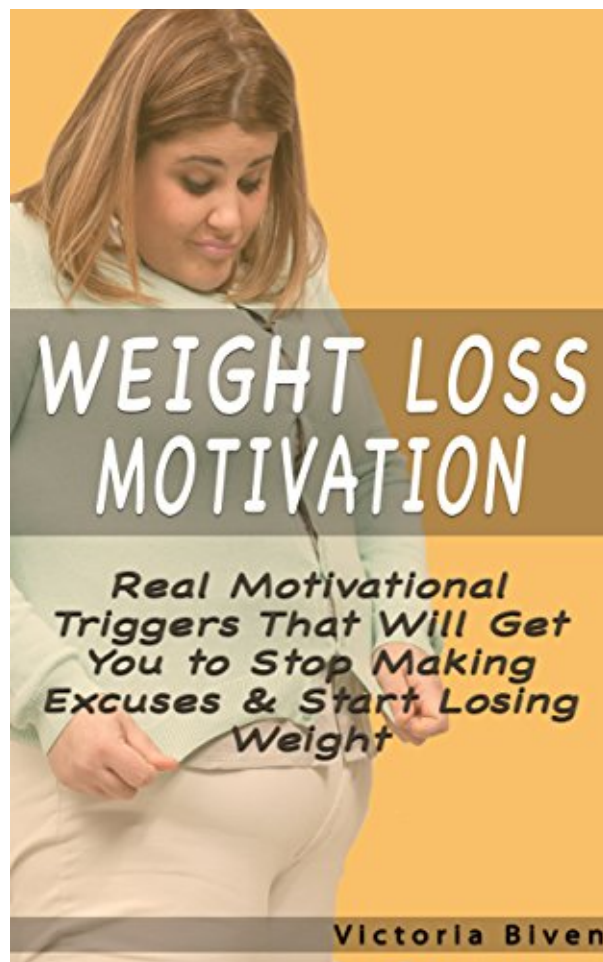
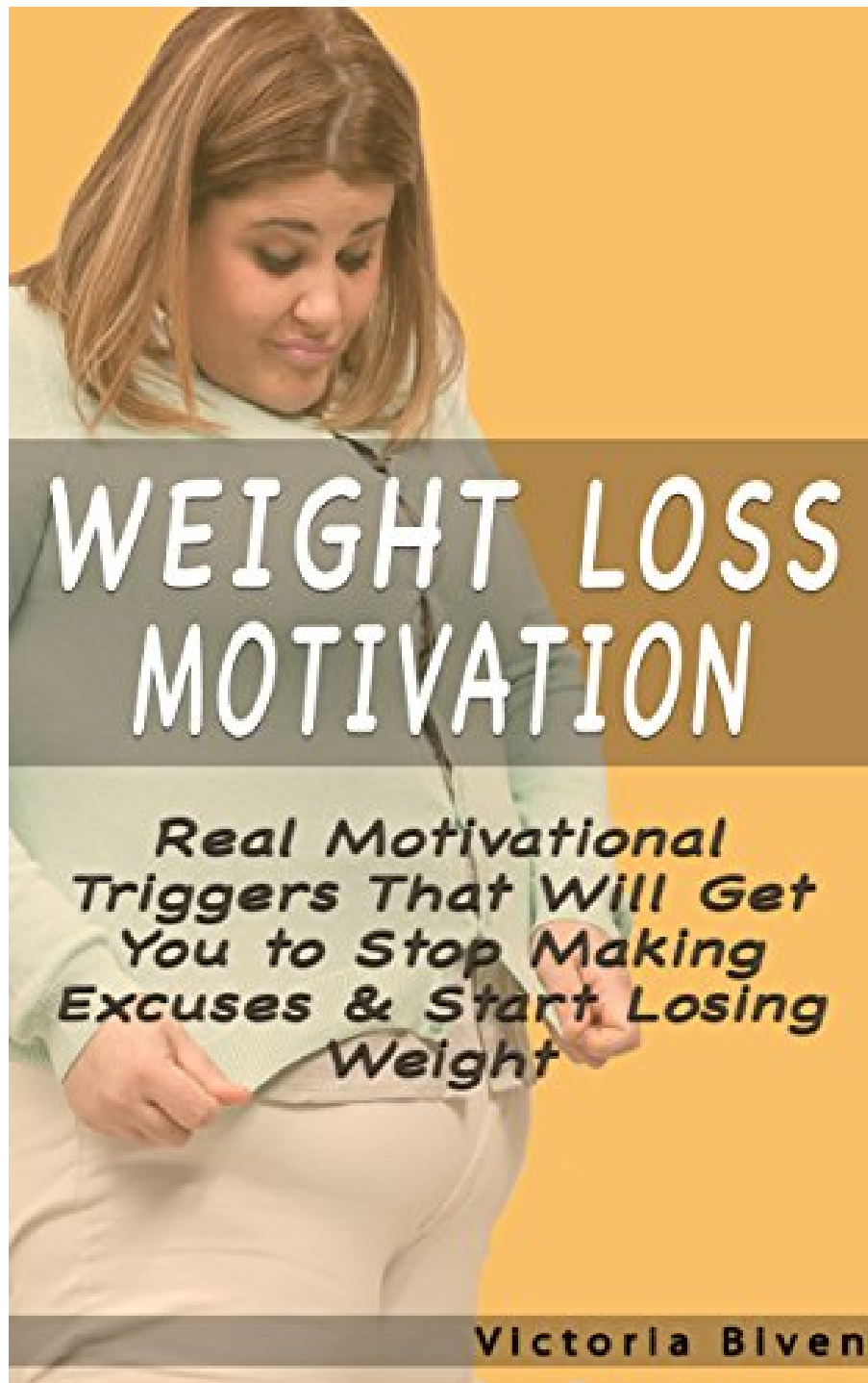


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“I really struggle staying motivated. I lost a few pounds and even my friends and family hardly noticed. I have barely started and now I am on the verge of quitting. I really want to lose weight but I do not think I can get there because I am not simply not motivated enough”.

Does this sound like you?

Does this mirror your thoughts exactly?

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Just ok

By Kindle Customer

The other reviews were right about needing a proof reader. The information was pretty run of the mill. Sorry

Sallykm2003@yahoo.com

0 of 0 people found the following review helpful.

Real Eye-Opener to Motivation

By Dak Kelly

Many people like myself want to lose weight. Yet, most of us start on our journeys to lose weight lacking serious motivation; thus, we usually do not succeed. This book is designed specifically to help in this area; to inspire and inform exactly on how to keep ourselves motivated and achieve healthy lifestyles. Since there are so many diets out there, it is refreshing to read a book that concentrates on the emotions of losing weight such as motivation. The author covers principles in this book that make a lot of sense. I never heard of them before; but they are powerful. It's a real eye-opener as to how to motivate ourselves to lose weight. Overall, if you lack the motivation to keep up with a healthy lifestyle and or diet plan, get this book for some real

thought-provoking motivational steps to keep you on track.

0 of 0 people found the following review helpful.

Pump up Your Motivation

By Nelli G.

Motivation, or the lack of it, IS a major road block when it comes to sticking with a diet plan of any kind. I know it's a big problem for me so that's why I was excited to find this book and see if it could help in the motivation department. I really liked the way Victoria Biven presented the information - simple, concise and straightforward. She offers tips or "hacks" to help you trigger your motivation to stay the course. I found the chapter on how to correct bad habits very beneficial. In this chapter, Biven gives you the tools to examine your habits and how to change them so eating the right foods becomes second nature. If lack of motivation is your weight loss stumbling block, read this book.

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