



## 21-Day Challenges Box Set 2 - Weight Loss, Exercise Clean Eating

By 21 Day Challenges

Createspace, United States, 2015. Paperback. Book Condition: New. Combined. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Book 1: The 21-Day Weight Loss Challenge Are you tired of starting a new diet and then disappointing yourself every time? Do you feel that no matter how motivated you are, you will always fall back into the trap of out of control eating? What you can expect from this challenge is a no-nonsense, common sense approach to shaking off some of the dieting industry s BS and trying to remember what our bodies know. We ll look at common sense ways to gradually and safely lose weight that honor our instincts, not go against them. The 21-Day Weight Loss Challenge will help you to: Realize that right now you have fat, as opposed to being fat. It s not your identity; it s a temporary state, a choice Explore and understand the excuses and reasons that keep you overweight, why aren t you more active? Why aren t you eating healthier? Why do you eat when you re body isn t hungry? Estimate your caloric requirements, the sweet spot where you slowly buy steadily lose weight...

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Positive Psychology News, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What are the elements of good character? The Values in Action (VIA) project identified 24 qualities such as...



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