



Weight Loss Motivation Hacks: 25 Simple Techniques To Keep You Motivated To Lose Weight (Weight Loss Motivation, Weight Loss)

Perry Wilson

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Weight Loss Motivation Hacks

25 Simple Techniques To Keep You Motivated To Lose Weight

There are countless methods and programs many have used to try to lose weight and have failed. The truth is; they all can bring success. As long as you stick with it and be consistent, you will achieve your goal. Marketers don't want people to know this. Instead they push the latest fad or trend at us, hoping we will buy their products to get the results we want. The problem that prevents these methods from being successful is that most people aren't consistent. They don't stick with the plan over a reasonable period of time. They lose motivation. In this book, I am going to share all that I learned along my journey that finally enabled me to be successful. It wasn't some magic diet or exercise plan. You've heard the saying, "Change your thinking, change your life" – it is true! I've created a series of "weight loss hacks" that will arm you with skills and will challenge current thinking to enable you to reach your goals. You will learn that simple changes and having the necessary tools in your toolbox to stay motivated will be the key to your success. Not only will these help you lose weight, they will help you in life. Let's get started!

This book covers the following topics:

- Support and Accountability
- Structured Rewards System
- Workout Tips
- Avoid an All or Nothing Attitude
- Weird Psychological Tips
- And many other weigh loss secrets!

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