



Lose Weight for Life: Nine Unconscious Reasons You Can't Keep Your Weight Off ... and What to Do About It!

Janis Charlton Pullen

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Nearly 65% of dieters return to their pre-dieting weight within three years. Only 5% of people who lose weight on crash diets will keep the weight off. Most dieters will regain more weight than they lost. This is because most weight-loss programs, including surgery, do not work long-term! In *Lose Weight for Life* you will learn... • the vital missing ingredient when diets and exercise alone aren't helping you lose weight or keep it off • nine unconscious behavior patterns that keep us fat • insights, tools, and mindsets to drop weight permanently If you are ready to stop yo-yo dieting, love your body, and keep your weight off forever, you need this book!

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