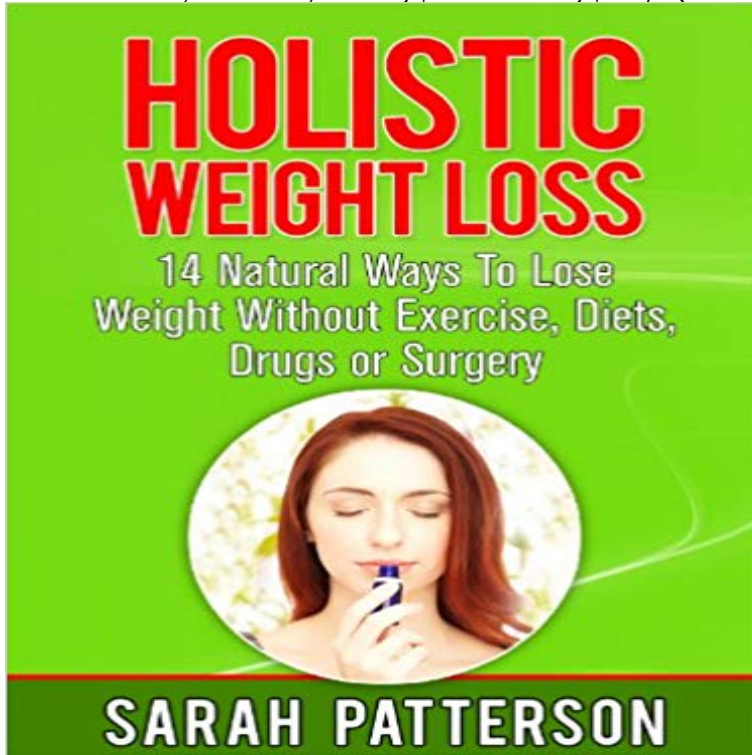


Holistic Weight Loss: 14 Natural Ways To Lose Weight Without Exercise, Diets, Drugs or Surgery (Weight Loss Tips)



How To Lose Weight Without Dieting, Exercise, Drugs or Surgery! Believe Anyone Can Reach Their Ideal Body Weight With These 14 Holistic Weight Loss Strategies You could be just one holistic approach away from your ideal body! In this book you will learn: How To Lose Weight Naturally With 14 Holistic Treatments If you've tried diet after diet and exercise program after exercise program and still haven't lost weight, chances are you're sabotaging yourself subconsciously! Learn how to take back control of your thoughts, your health and your weight. In this book you'll learn holistic weight loss strategies including aromatherapy, meditation, colon cleansing, therapy, emotional freedom technique (EFT), hypnosis, subliminal message CDs, visualization, affirmations, saunas, hydrating, herbs and oxygenating. How To Lose Weight and Keep It Off Unlike with short-term diets, exercise plans and other lose weight quick strategies, these holistic approaches to weight loss will help you lose weight and keep it off - forever! No more yo-yo dieting, insanity workout plans or struggling to maintain your weight once you've lost it. With this holistic approach to weight loss, you'll lose the weight forever! How To Overcome Procrastination and Start Your New Life Today If you've been waiting for things to be just perfect before you start a new diet or weight loss program, it's time to stop procrastinating! This book will teach you the secret mental habits that will get you on the right track fast and keep you moving toward your ideal body. How To Overcome Emotional Eating and Bad Dietary Habits Do you eat emotionally? Chances are it's because of bad mental habits! Using the simple strategies in this book, you'll be able to say goodbye to emotional eating once and for all. The Secret to Will Power and Discipline For Weight Loss If you want to lose weight, you have to be able to

choose healthier options and a healthy lifestyle. That means exercising your will power and understanding how to change those old bad habits that keep you stuck, tired and overweight. This book will show you how. How To Love Yourself Most of us overeat or stay overweight because of an ingrained sense of self-hatred. Sure, maybe we don't talk about it, but deep down inside we feel awful about ourselves. It's this self-hatred that keeps us stuck, unhappy and overweight. Using these simple strategies taught for thousands of years, you'll be able to tame this part of you and fully love and accept yourself just the way you are. This will allow you to lose weight naturally and treat yourself to the good life. How To Overcome Self-Sabotage When I realized that my biggest enemy isn't the girl who talks behind my back or the guy who breaks my heart - my biggest enemy is myself. When I stopped beating myself up, holding myself back and talking down to me, my life changed. I lost weight, I was happier and I had a lot more self-confidence. When you flip the self-sabotage switch, you'll find losing weight and getting what you want in life just becomes effortless. About The Author Sarah Patterson studied at the Institute of Integrative Nutrition and has created a partner fitness program for healthy living and natural weight loss. Sarah is passionate about natural weight loss and living a healthy lifestyle.

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