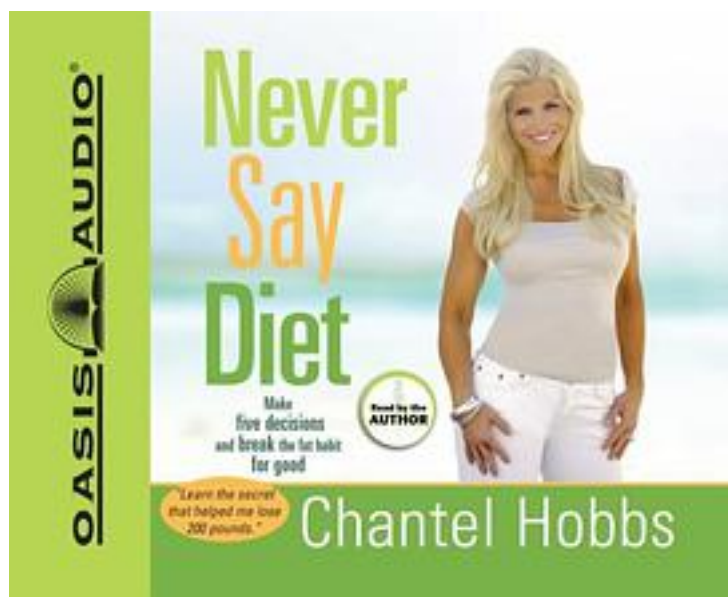


# Never Say Diet



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Chantel Hobbs lost two hundred pounds without the help of surgery, pills, point systems, or a trendy diet. And just as important, she kept the weight off .

Her dramatic turnaround began with five decisions—personal, no-excuses commitments that kept her from losing sight of her goals. It worked for Chantel and it will work for you. Once you unconditionally change your mind your body will follow, and your life will never be the same.

In this book you will discover:

- How to move beyond past failures and get over your old excuses

- How changing your eating patterns can break food's hold over you
- Why winning the weight-loss battle must come from the inside out
- The simple workouts that deliver lasting results and are fun to do
- How to overcome the naysayers, the diet police, and your own nagging doubts
- How to prioritize your health, juggle family and career, and stay motivated when life takes unexpected turns
- Why the diet industry wants you to keep coming back
- And much more!

You will find straight talk on developing the determination, commitment, and personal responsibility it takes to achieve weight loss that lasts. It's time to stop getting ready for the event and start getting ready for life!

From the Hardcover edition.

作者介绍:

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