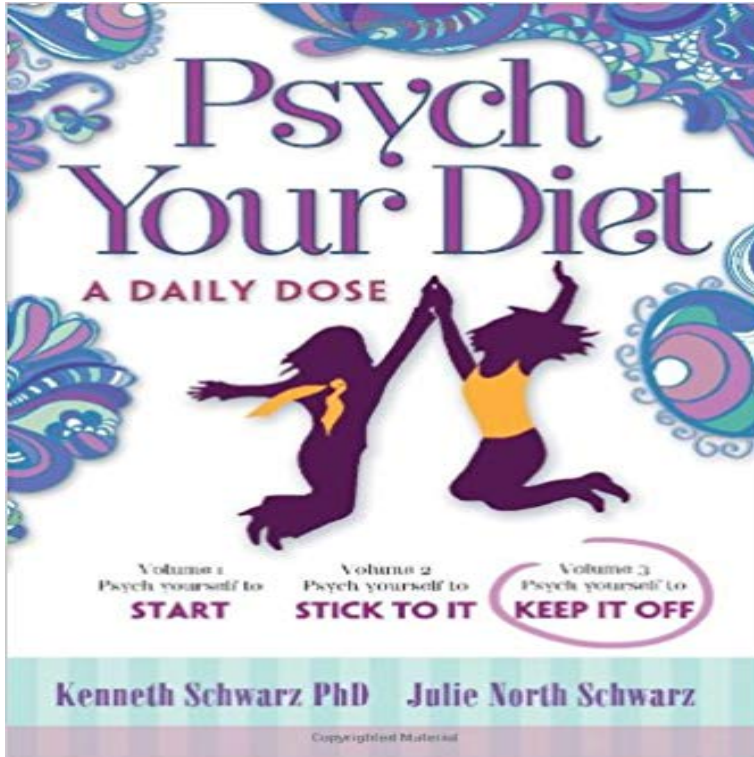


Psych Your Diet: A Daily Dose Volume 3. Psych Yourself to KEEP IT OFF



Successful weight loss is mostly psychological. The psychological part is about psyching yourself to start, stick to it, and keep it off. If you only have a food plan and exercise, you won't have what you need to lose weight. But if you pay attention to the psychological side, that's when losing weight becomes a lot easier. And that's what this series is all about. If you are having trouble maintaining your weight loss, Volume 3 Psych Yourself to KEEP IT OFF is a good place to get help.

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