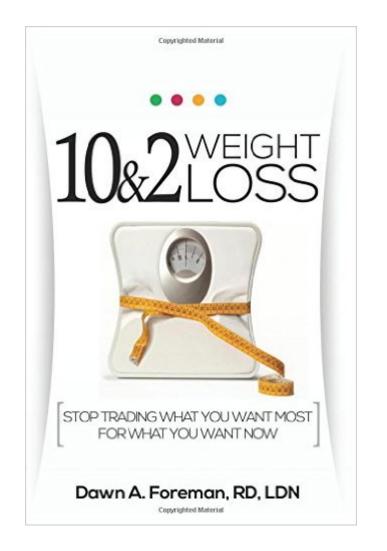
The book was found

10&2 Weight Loss





Synopsis

Are you tired of struggling with your weight and ready to start living the life you know you were meant to live? Stop counting calories with My Fitness Pal®, points with Weight Watchers® and eating boxed meals with Medifast® and Nutrisystem®. Start living and making those decisions that will stop the yo-yo dieting of the past. You donâ [™]t need to be a slave to the latest fitness app or food scale to get the flat belly and tone body you desire. You need to have one expert you can trust to tell you the truth and to lead you in the right direction. The lessons and realities unveiled in this book are based on over 2 decades of experience as a Personal Trainer and education as a Registered Dietitian. On each page, youâ [™]II turn down the white noise that clutters the weight loss industry and gain insight on how to lose weight and keep it off almost effortlessly. * Youâ ™II get practical action steps to embrace those weight loss realities that have previously been stumbling blocks in your weight loss journey. * Youâ ™II learn how the natural shift in your hormones affects your ability to lose weight. * Youâ [™]II learn how to make your metabolism work for you. * Youâ [™]II discover the driving force that will keep you from hitting the snooze button in the morning. * Most importantly, youâ TMII start changing the conversations you have with yourself and others about food, fitness and your weight so that keeping your weight off is not a constant struggle. â œFollowing this program 100% has been the best decision of my life. Since I started lâ ™ve lost

over 50 pounds and 46 inches. I will never go back to my old habits; I now understand exactly what it takes to make my new & improved self my reality. My only regret is that I wish I would have found this program 15 years earlier.â • - Janet (53 year-old empty-nester & former perpetual dieter) If youâ [™]re ready to stop starting weight loss programs every few months or every year, pick up this book, start reading and start shrinking.

Book Information

Paperback: 184 pages Publisher: Personally Fit (July 23, 2014) Language: English ISBN-10: 0692258906 ISBN-13: 978-0692258903 Product Dimensions: 6 x 0.5 x 9 inches Shipping Weight: 12.6 ounces (View shipping rates and policies) Average Customer Review: 5.0 out of 5 stars Â See all reviews (28 customer reviews) Best Sellers Rank: #1,246,652 in Books (See Top 100 in Books) #75 in Books > Health, Fitness & Dieting > Nutrition > Fiber #112 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #6267 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

Fantastic wake up call for women who are ready to improve their health. No more excuses. An easy read for one who wants to take that first step to losing weight by someone who has observed so many who for various reasons have not been able to succeed in the past. Dawn's book will inspire you to take care of You. This is a great gift item for family and friends.

Dawn Foreman has SO MUCH passion for helping others become healthy and happy. Her combination of complete honesty and genuine caring is refreshing and welcome. When you meet her or talk to her or read her words you can't help but want to be better - with no looking back!

A woman with a passion to change the world. Thank you so much for all you do to help people find themselves and find their "happy". Those who know you are truly blessed. This book deserves to be #1!!!!

Thanks to Dawn's inspirational challenge, I've lost 15 pounds and regained all my lost self-esteem! Last year I couldn't keep up on a cycling vacation and cried at the end of every day. This year, I literally climbed mountains in Canada and pranced ahead of others going up AND down! You'll get the know-how and the mind-set for losing 10 pounds or a 100. But what you'll gain is so much more important. Thanks for putting the wind in my sails when I needed it and a hand-up when I got down. All the women I've met through Dawn are remarkable, no matter what story they bring to the table. Short, tall, big or small, Dawn can help you chart your course and help you help yourself to achieve your goals.

It is like she is in your house watching you. In your head. She knows how woman think and gives it to you straight! Before you have a chance to even think of the excuse she gives you the reason to do it anyway! You love her and hate her all that the same time cause you know she is right and if you follow her you can become whole again....healthy and slim with focus and dedication for which you never knew you had in you.

This book is useful for more than just weight loss for women. Some of Dawn's stories and the stories of other women she tells are helpful just for everyday life. This book can help you find your focus; you won't even notice it's happening. I helped proofread the book, so I wasn't even reading it solely for the content, but it still affected me. Reading about the struggles and the strength needed to overcome them will inspire anyone to try harder and keep going. I recommend this book even if you don't use the weight loss guide part of it. It's still a great book.

I just finished reading this book yesterday...I really enjoyed the personal stories! The explanations as to why things in our bodies work the way they do was very well explained and not inundated with huge science terms that make readers zone out. I'm going to keep my hands at 10 & 2 and I've tossed that rear view mirror out the window...what a wonderful positive message!!!

If you are serious about changing your life, order this book today! Dawn gives you her years of education, experience and practical know how to reach your life and weigh loss goals!

Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss) Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss -

PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH' (paleo diet, diet chllenge, paleo guide to weight loss) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide Weight Loss Box Set: Learn The Secrets of Weight Loss (weight loss, vegan diet, good gut) Mudras: Mudras For Weight Loss: 15 Easy Hand Gestures For Easy Weight Loss (Mudras, Mudras For Beginners, Mudras For Weight Loss) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss

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