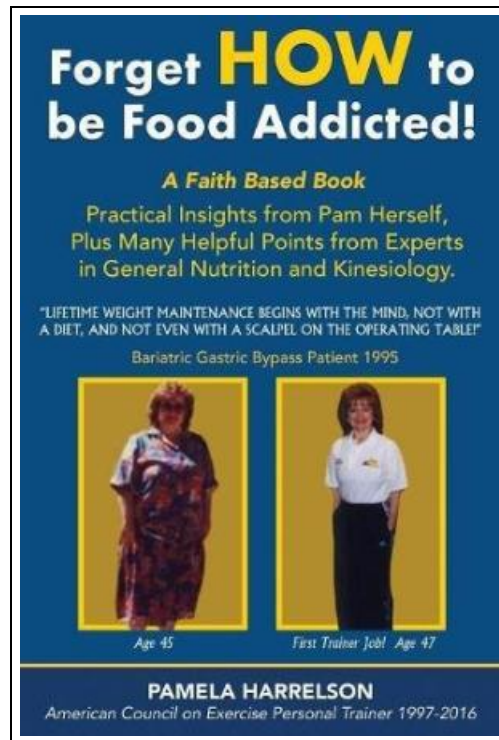


Forget How to Be Food Addicted! (Paperback)



Filesize: 4.81 MB

Reviews

A fresh e-book with a brand new point of view. It really is packed with knowledge and wisdom Its been designed in an exceedingly simple way and is particularly simply following i finished reading this publication through which actually modified me, alter the way i really believe.

(Bernhard Russel)

FORGET HOW TO BE FOOD ADDICTED! (PAPERBACK)

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Ebookit.com, 2017. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Question for You. Do you have an addiction to dieting and an addiction to food? Pam and her husband had these strongholds for long decades, despite their love for their faith and success in other life areas. In her book, Forget HOW To Be Food Addicted, she shares with you her ultimate surrender in this area. She also includes chapters using experts in the field of metabolism and personal training. There is an Appendix of experts and websites that is helpful. Bariatric surgery, for the morbidly obese, gives a wonderful and lengthy time out to regain mental stability and make physical changes. Far more patients, (than in early surgery days), take advantage of this time out but too many still do not. The surgery alone does not create lifetime maintenance. The surgery does give a lifetime edge along with new habits. Pam is in a small category of Bariatric patients from the 1990 s who have maintained their weight loss. From 1995 she has watched historical changes in improvements and more realistic promotions of the surgery. The weight maintenance numbers have grown as clinics now teach that the surgery is only a tool. In her book Pam gives credit for this dramatic change to the wonderful blogging sites available to patients, authored by patients themselves. In nineteen years as a Personal Trainer Pam promoted moderation in a personal exercise regime - not throwing up, passing out or crying! Pam says, We would all rather play than work; one is an obligation, the other is pure joy. FORGET HOW TO BE FOOD ADDICTED shows readers how to recapture the joy...

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