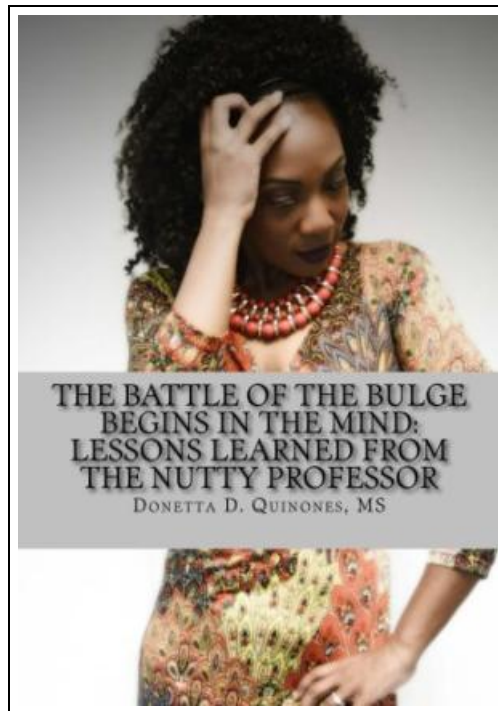


The Battle of the Bulge Begins in the Mind: Lessons Learned from the Nutty Professor (Paperback)



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Reviews

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(Mrs. Jane Quitzon DDS)*

THE BATTLE OF THE BULGE BEGINS IN THE MIND: LESSONS LEARNED FROM THE NUTTY PROFESSOR (PAPERBACK)



Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Many people are motivated to pursue various weight management techniques without understanding the implications of their choices. Multiple attempts to lose weight resulting in fluctuating numbers on the scale can cause them to feel a sense of desperation in bringing their Battle of the Bulge to a conclusion. Their decisions may involve weight loss products or procedures that may cause physical change; however, that physical change can never account for the emotional and mental scars they have experienced during their battle with weight loss. These scars have grave consequences in the ability to maintain weight loss. In *The Battle of the Bulge Begins in the Mind: Lessons Learned From The Nutty Professor*, the author takes you, as the reader, down her path of self-reflection. You will become engaged in the process of her self-discovery as she provides lessons learned through analytical observation of Professor Sherman Klump, Buddy Love, and the Klump family. You will understand the relatability of your personal experiences as you begin to reflect on your experience with weight management and self-esteem. Personal insight into critical familial, societal, internal and spiritual issues allows the author to discuss factors surrounding the ability to overcome past weight loss failures. You will gain an understanding of how these critical issues impact battling weight loss to obtain a healthy lifestyle successfully. The goal of this resource is to help you to evaluate your emotional, mental, and spiritual focus to understand the direction of your decisions and behavior in *The Battle of the Bulge*. Self-Reflection activities will assist you in your ability to redirect yourself towards your goals when you find you have got off track. This resource promotes self-awareness and self-acceptance through personal...



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