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The Ten Hidden Barriers to Weight Loss and Exercise (Paperback)

By Lynette A. Manefee, Daniel R. Somberg

New Harbinger Publications, United States, 2003. Paperback. Book Condition: New. 190 x 138 mm. Language: English . Brand New Book. Despite spending about USD 33 billion annually on diet and exercise programs, over half of American adults are overweight, and one in five is obese. Many people do lose weight in the initial stages of a weight loss effort, but then get off track and return to their original weight, becoming trapped in a discouraging cycle. No matter what diet or exercise plan readers are following, they need to understand how and why emotions and hidden agendas can interfere with dieting and exercise success. These authors are behavioural change experts who have written each of these ten simple and encouraging chapters to teach a key skill or approach that will enable readers to succeed in meeting their goals. Readers learn to identify their particular underlying reasons for getting off track in the past and learn to address those issues in the present.



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