

PDF Book The Shift: 7 Powerful Mindset Changes for Lasting Weight Loss by Gary Foster PhD

The Shift: 7 Powerful Mindset Changes for Lasting Weight Loss

By: Gary Foster PhD

CLICK HERE TO DOWNLOAD>>>[https://xkn3o6.alphoto.cz/1tRDZJ?
keyword=The+Shift%3a+7+Powerful+Mindset+Changes+for+Lasting+Weight+Loss](https://xkn3o6.alphoto.cz/1tRDZJ?keyword=The+Shift%3a+7+Powerful+Mindset+Changes+for+Lasting+Weight+Loss)

ISBN-13: 9781250888082

Can you lose weight before you value your body? Are big goals needed to achieve big results? Do you deserve to go it alone because you got yourself into this? Is it possible for a weight loss journey to avoid setbacks? Must gratitude and happiness wait until youve succeeded at your wellness goal?No. To all of it.Dr. Fosters 7 Mindset Shifts show you howand whyto treat yourself in a way that feels better and primes you for likelier success. His argument and the techniques in each chapter, built on years of research and breakthroughs in cognitive behavioral therapy and positive psychology, can lead to results on the scalebut, more important, in your own thinking. The Shift flips old-fashioned weight-loss theory on its head. Its evidence-based motivationand it really works!The 7 Mindset Shifts include learning to enhance the traits you like best about yourself, leaning into your strengths, appreciating the power of small steps, finding your people, and truly relaxing into happiness and gratitude.Diet thinking isnt habit-forming; mindset thinking is. And muscular yet kind mental habits, like the ones found in The Shift, are key to permanent, positive change.

tags:

The Shift: 7 Powerful Mindset Changes for Lasting Weight Loss PDF Download

The Shift: 7 Powerful Mindset Changes for Lasting Weight Loss fb2

The Shift: 7 Powerful Mindset Changes for Lasting Weight Loss Mobi

PDF Book The Shift: 7 Powerful Mindset Changes for Lasting Weight Loss


The Shift: 7 Powerful Mindset Changes for Lasting Weight Loss Free PDF

PDF EPUB The Shift: 7 Powerful Mindset Changes for Lasting Weight Loss

 Difficulté **Moyen**

 Durée **81 jour(s)**

 Catégories **Art, Mobilier, Bien-être & Santé, Robotique, Science & Biologie**

 Coût **580 EUR (€)**

Sommaire

Étape 1 -

Commentaires

Matériaux

Outils

Étape 1 -