

dedicated to the most
important element of
successful weight loss:

you

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Chances are, like most people, you've struggled with weight loss. You may have picked up this book because you're looking for answers. Or maybe you've heard about alli and want to learn more. Well, if you think this is about a miracle pill or that you won't be responsible for lifestyle changes, you should put this book back down.

The big question isn't whether a weight loss program will change your life, but will YOU? alli won't keep you from craving that extra

slice of pizza or drive you to the gym when you need to work out. You'll be responsible for making healthy changes that are sustainable in the long run.

As you know, successful weight loss is difficult because it requires changing your attitude toward dieting, and changing your attitude about yourself. Changing the way you eat, the way you live, and only then, the way you look.

In this book, you'll learn from the experts about changing your behaviors, the biology of weight loss, the role of physical activity, nutrition, and more. You'll even hear from a famous chef who had to make a lot of changes of her own.

Remember, losing weight is a gradual process. And there may be times when you're not sure you can do it. But then you'll start to notice some changes. The energy to walk a little farther. A boost

in confidence when your picture is taken. Even a tendency to eat healthier foods, simply because you enjoy them. And this is when you'll realize that losing weight is entirely possible.

It's up to you. If you're ready to lose weight without losing your mind, turn the page and begin.

[if you're ready, we're here to help you.]