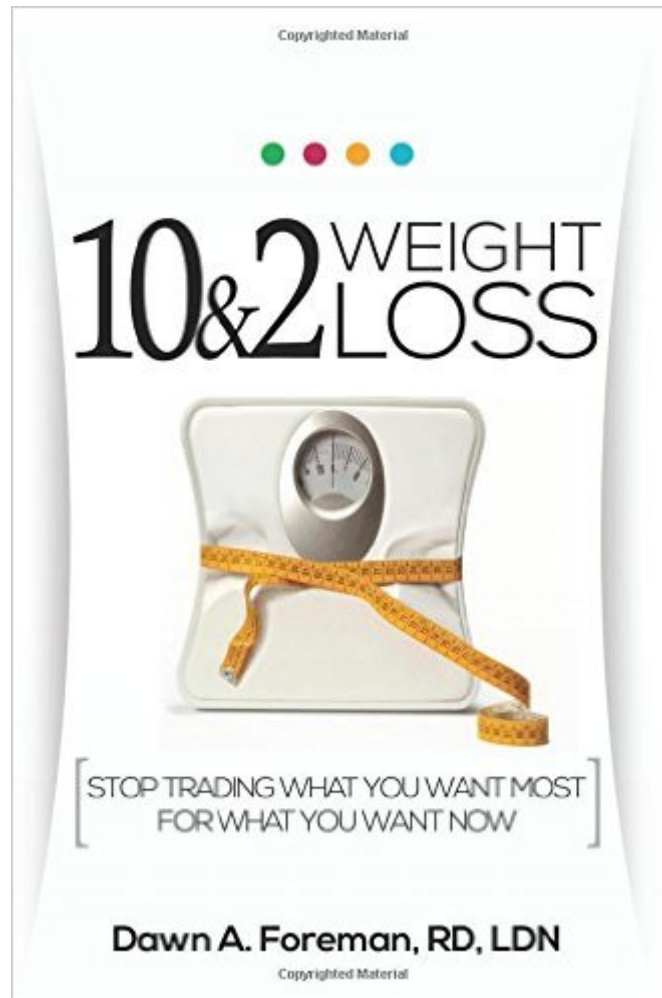


The book was found

10&2 Weight Loss



Synopsis

Are you tired of struggling with your weight and ready to start living the life you know you were meant to live? Stop counting calories with My Fitness Pal®®, points with Weight Watchers®® and eating boxed meals with Medifast®® and Nutrisystem®®. Start living and making those decisions that will stop the yo-yo dieting of the past. You don't need to be a slave to the latest fitness app or food scale to get the flat belly and tone body you desire. You need to have one expert you can trust to tell you the truth and to lead you in the right direction. The lessons and realities unveiled in this book are based on over 2 decades of experience as a Personal Trainer and education as a Registered Dietitian. On each page, you'll turn down the white noise that clutters the weight loss industry and gain insight on how to lose weight and keep it off almost effortlessly. * You'll get practical action steps to embrace those weight loss realities that have previously been stumbling blocks in your weight loss journey. * You'll learn how the natural shift in your hormones affects your ability to lose weight. * You'll learn how to make your metabolism work for you. * You'll discover the driving force that will keep you from hitting the snooze button in the morning. * Most importantly, you'll start changing the conversations you have with yourself and others about food, fitness and your weight so that keeping your weight off is not a constant struggle.

œFollowing this program 100% has been the best decision of my life. Since I started I've lost over 50 pounds and 46 inches. I will never go back to my old habits; I now understand exactly what it takes to make my new & improved self my reality. My only regret is that I wish I would have found this program 15 years earlier.â • - Janet (53 year-old empty-nester & former perpetual dieter) If you're ready to stop starting weight loss programs every few months or every year, pick up this book, start reading and start shrinking.

Book Information

Paperback: 184 pages

Publisher: Personally Fit (July 23, 2014)

Language: English

ISBN-10: 0692258906

ISBN-13: 978-0692258903

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (28 customer reviews)

Best Sellers Rank: #1,246,652 in Books (See Top 100 in Books) #75 inÂ Books > Health, Fitness

& Dieting > Nutrition > Fiber #112 inÂ Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #6267 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

Fantastic wake up call for women who are ready to improve their health. No more excuses. An easy read for one who wants to take that first step to losing weight by someone who has observed so many who for various reasons have not been able to succeed in the past. Dawn's book will inspire you to take care of You. This is a great gift item for family and friends.

Dawn Foreman has SO MUCH passion for helping others become healthy and happy. Her combination of complete honesty and genuine caring is refreshing and welcome. When you meet her or talk to her or read her words you can't help but want to be better - with no looking back!

A woman with a passion to change the world. Thank you so much for all you do to help people find themselves and find their "happy". Those who know you are truly blessed. This book deserves to be #1!!!!

Thanks to Dawn's inspirational challenge, I've lost 15 pounds and regained all my lost self-esteem! Last year I couldn't keep up on a cycling vacation and cried at the end of every day. This year, I literally climbed mountains in Canada and pranced ahead of others going up AND down! You'll get the know-how and the mind-set for losing 10 pounds or a 100. But what you'll gain is so much more important. Thanks for putting the wind in my sails when I needed it and a hand-up when I got down. All the women I've met through Dawn are remarkable, no matter what story they bring to the table. Short, tall, big or small, Dawn can help you chart your course and help you help yourself to achieve your goals.

It is like she is in your house watching you. In your head. She knows how woman think and gives it to you straight! Before you have a chance to even think of the excuse she gives you the reason to do it anyway! You love her and hate her all that the same time cause you know she is right and if you follow her you can become whole again....healthy and slim with focus and dedication for which you never knew you had in you.

This book is useful for more than just weight loss for women. Some of Dawn's stories and the stories of other women she tells are helpful just for everyday life. This book can help you find your focus; you won't even notice it's happening. I helped proofread the book, so I wasn't even reading it solely for the content, but it still affected me. Reading about the struggles and the strength needed to overcome them will inspire anyone to try harder and keep going. I recommend this book even if you don't use the weight loss guide part of it. It's still a great book.

I just finished reading this book yesterday...I really enjoyed the personal stories! The explanations as to why things in our bodies work the way they do was very well explained and not inundated with huge science terms that make readers zone out. I'm going to keep my hands at 10 & 2 and I've tossed that rear view mirror out the window...what a wonderful positive message!!!

If you are serious about changing your life, order this book today! Dawn gives you her years of education, experience and practical know how to reach your life and weight loss goals!

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