



Weight Games: How To Lose Weight Naturally and Effectively: Simple Ways To Change Your Weight Loss Habits (Self Help Change Your Life Book 3)

Terry Winterfield

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Are you looking for a unique, straightforward guide to losing weight? Unhappy with your body, weight loss and general health? Do you want to shed pounds and get into the best shape of your life?

Weight Games is here to help, providing **simple, clear answers** on how to build **life-long healthy habits** and packed full with weight loss tips and advice.

Losing weight can be HARD. If you've slogged through countless fad diets you'll know, but Weight Games is different. It's precisely what you need to know in an **easy-to-read format** that investigates not just the 'what', but also the 'how' and 'why'. You'll learn how to build habits, resist temptation, eat and exercise right, and the **mental secrets** you need to know to **succeed**.

This is not your regular guide to losing weight. It requires no extra products or expensive equipment, just your brain and the will to build a better life for yourself with essential weight loss habits.

Bonus! Don't miss the **10 essential commandments** to losing weight and keeping it off for good.

Inside, you'll learn:

- Why habit-forming is so important and how to do it
- What you should eat, when and why
- How to change your food perception
- What to drink to lose weight
- How to exercise right and stay motivated
- Simple ways to be more mindful and supercharge your thinking
- Much, much more.

What are you waiting for? Download your copy today!

From the best-selling, self-change author of Sex Games and Life Games

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