



## Love More, Binge Less and Stay Fit: Permanent Weight Loss, Using Your Mind Instead of Beating Up on Your Body

By Annie Stern Bs Nc

AUTHORHOUSE, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Love More, Binge Less, and Stay Fit breaks new ground with its cutting-edge approach to permanent weight loss. For the first time, overcoming years of constant weight struggle is defined by more than nutrition and exercise. We all want to know how to escape from ongoing weight fluctuations, food guilt, dieting misery, and body image insecurity. We also want to know how to find the best diet to get to our dream body size and weight that we imagine will provide a turning point toward a fit body and self-confidence. In this book, Annie Stern writes with compassion and great insight to isolate the four big obstacles and the five secrets that change the perspective of weight loss and the diet industry. The goal is to create permanent changes between the relationship we have with food and with our body. This book provides a road map to illustrate why restrictive diets followed by guilt-ridden binges, overeating, and body hatred show up in our life as a constant weight struggle. Have you tried every new diet or weight-loss plan and chronic exercising but...



**READ ONLINE**  
[ 2.18 MB ]

### Reviews

*This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.*

-- **Jamil Collins**

*Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.*

-- **Brian Bauch**