



## Weight Loss Motivation Hacks 7 Psychological Tricks That Keep You Motivated To Lose Weight

By Derek Doepker

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Do you feel like you're fighting a losing battle with yourself to get motivated to lose weight? Unfortunately, many people will never reach their weight loss goals simply because they can't figure out how to get themselves motivated enough to stick to their resolutions. But what if you could simply reprogram your brain with powerful psychological mind-hacks to create unstoppable motivation on-demand, and finally reach your weight loss goals with ease? 1 best-selling weight loss author Derek Doepker reveals what years worth of psychological research has shown to be hands-down the most effective methods of transforming your habits. You're about to discover... The biggest myth of motivation. When you discover this trap almost everyone falls into, you'll realize why you could never get yourself motivated before. The 6 human needs that dictate all human behavior. When you map out your behavior blueprint, you'll be able to flip a switch to have die-hard passion for things you previously hated doing. How 90% of people who lose weight dieting gain it all back, and what YOU can do to make...



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