



# The Diet-Free Solution: For Safe, Healthy, and Permanent Weight Loss

*Laurel Mellin*

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## **The Diet-Free Solution: For Safe, Healthy, and Permanent Weight Loss** Laurel Mellin

You've tried everything : the pills, the shakes, the diets, even the surgery, and it's been a losing battle. But permanent weight loss isn't impossible. Not anymore . . .

Now dietary expert Laurel Mellin offers a scientifically proven, agony-free, breakthrough program for weight loss that doesn't require deprivation or superhuman willpower. *The Diet-Free Solution* presents a practical six-step plan that succeeds where other diets fail because it identifies the psychological, physical, and lifestyle causes of weight problems : the powerful mind and body drives that lead to overeating and inactivity?d offers the cure for each. You can change your body, and ultimately your whole life ?ith:

The Nurturing Cure: How to become aware of your feelings and meet your own needs

The Limits Cure: How to control your actions and set appropriate, realistic expectations

The Body Pride Cure: How to turn off negative stereotypes about fat

The Good Health Cure: How to become aware of body health and stay healthy

The Eating Cure: How to eat regular meals and maintain a healthy diet

The Activity Cure: How to maintain an exercise program and find personal time

Until you understand the whole truth about your weight problem, you can't solve it. Whether you're trying to lose those last five pounds, end a compulsive eating problem, or shed more weight than you ever thought you'd carry, let *The Diet-Free Solution* work for you now and for the rest of your life!

The ability to self-nurture and set effective limits is the root of human maturity, and the foundation for emotional, behavioural, and spiritual balance. Fortunately, the skills to self-nurture and set effective limits can be fine-tuned and readers will learn them via a wealth of practical examples, colourful case histories, and scientific findings that are both fascinating and easy to understand. These skills are effective for a wide range of psychological and addictive problems—from alcoholism and other addictions to overeating, overworking, overspending, and perfectionism.

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Reading can be called brain hangout, why? Because while you are reading a book mainly book entitled The Diet-Free Solution: For Safe, Healthy, and Permanent Weight Loss your thoughts will drift away through every dimension, wandering in most aspect that maybe mysterious for but surely can be your mind friends. Imaging each and every word written in a e-book then become one web form conclusion and explanation that maybe you never get before. The The Diet-Free Solution: For Safe, Healthy, and Permanent Weight Loss giving you yet another experience more than blown away the mind but also giving you useful information for your better life with this era. So now let us show you the relaxing pattern is your body and mind are going to be pleased when you are finished looking at it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

#### **Jay Blanchard:**

You could spend your free time to study this book this book. This The Diet-Free Solution: For Safe, Healthy, and Permanent Weight Loss is simple to bring you can read it in the area, in the beach, train in addition to soon. If you did not get much space to bring the printed book, you can buy the e-book. It is make you easier to read it. You can save the particular book in your smart phone. And so there are a lot of benefits that you will get when one buys this book.

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