



Motivated! Box Set: What are you Weighting For? Get Motivated and Walk it Off, Lose Weight! (Weight Loss Guide)

Scarlett Long, Tiffany Brook

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Motivated! Box Set: What are you Weighting For? Get Motivated and Walk it Off, Lose Weight! (Weight Loss Guide)

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Motivated! Box Set (2 in 1)

Book One: Motivated! : Strategies to Motivate Yourself and Achieve your Weight-Loss Goal

Weight-loss motivation made easy. There are traps along the way to achieving your fat-loss goals. But there are also powerful self-motivators to keep you going and keep you on track.

In this book, we will show you:

- Proven effective goal statements to take you all the way to Goal-Achievement Success
- Powerful Tips to bust through apathy and negative self-talk
- Secrets and Strategies for keeping on track with exercising and food choices

Book Two: Walk It Off: What are you Weighting For? Get Fit, Lose Weight!

Whether walking to lose weight (and you can), to improve your general health, or just to get somewhere, it is more fun when you change how you think about the fact of walking. Little children do not see walking is a chore! Learning to walk is a fascinating, all-engrossing discovery for them. It's time for you to get back to that child-like approach to walking.

In this book, you'll learn:

- Non-medical reasons for walking

- Health benefits of walking beyond weight loss and staying fit
- How to schedule walking in your daily routine
- How to have fun walking as you get in better shape

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Robin Castillo:

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David Mathews:

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