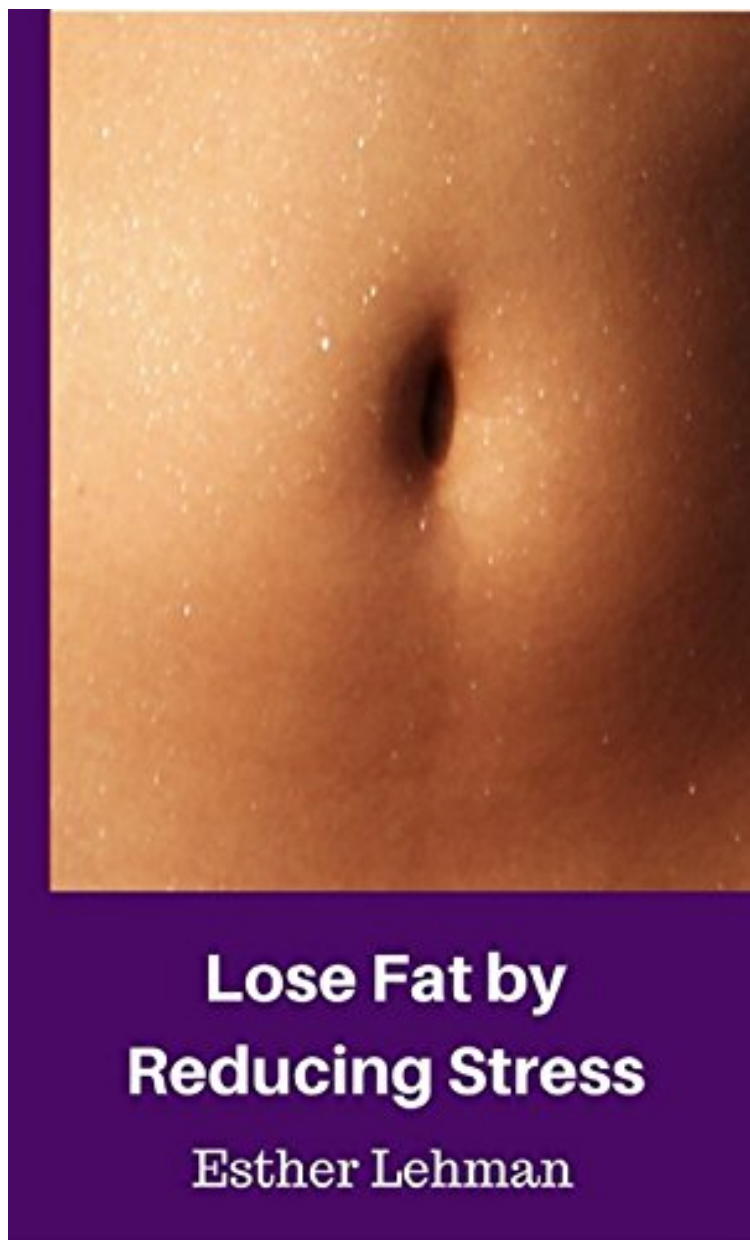


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Lose Fat by Reducing Stress: How Your Body Loses Stored Fat (English Edition)



Par Esther Lehman
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Dtails sur le produit Publi le: 2014-06-09
Sorti le: 2014-06-09Format: Ebook
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Stress: How Your Body Loses Stored Fat
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Description :

Prsentation de l'diteurSo you woke up this morning and looked in the mirror as you have done for the last number of years, and like every one of those mornings you wish you would look better and may even hate the way you look. You wish away your fat stomach, large thighs, flabby arms and legs. You feel completely helpless. Wouldn't it be amazing if there was a magic potion that would transform your body into perfection?

It would get rid of all the fat and cellulite to match that inner image you would like your body to be to make you happy. Women, in general, have a much harder time losing weight. I know there is nothing scarier than the feeling of losing control of our body. It seems to have a mind of its own, taking the shape and size it chooses. I also know that it is maddening that no matter what you do, and I know you've tried everything, each time you look in the mirror or weigh yourself you see that you have gained yet more weight. This is the panic point when you lose hope and are at a loss for what can be done. It is frustrating when you get "advice" from well-meaning friends, criticized by family members or your partner. They don't understand why you complain about your weight. You claim to be eating healthily and exercise regularly. You do everything right but you are FAT!!! So what's keeping you fat??? It could be one of three things or all three: Your body is in stress. Your body is in "safe mode." You may have a medical problem like an underactive thyroid, diabetes, or gastrointestinal inflammations such as undiagnosed celiac disease.

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