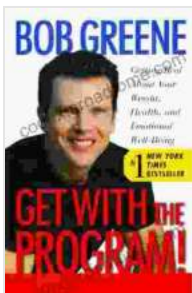


Getting Real About Your Weight, Health, and Emotional Well-Being

Are you struggling to lose weight and improve your health? Do you feel like you're constantly yo-yo dieting and never making any real progress? If so, then you need to read *Getting Real About Your Weight, Health, and Emotional Well-Being*.



Get With the Program!: Getting Real About Your Weight, Health, and Emotional Well-Being by Bob Greene

★★★★☆ 4.3 out of 5

Language : English
File size : 3145 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 224 pages



This book will help you to finally break free from the diet cycle and achieve lasting weight loss and health. You'll learn how to:

- Identify the root causes of your weight problems
- Develop a healthy eating plan that you can stick to
- Create an exercise routine that you enjoy
- Manage your stress and emotions in a healthy way

- Build a support system to help you stay on track

Getting Real About Your Weight, Health, and Emotional Well-Being is not just another diet book. It's a comprehensive guide to helping you achieve lasting weight loss and health. If you're ready to make a change, then this book is for you.

What Readers Are Saying

"This book is a must-read for anyone who is struggling with their weight. It's full of practical advice and strategies that can help you to finally achieve your weight loss goals." - Our Book Library reviewer

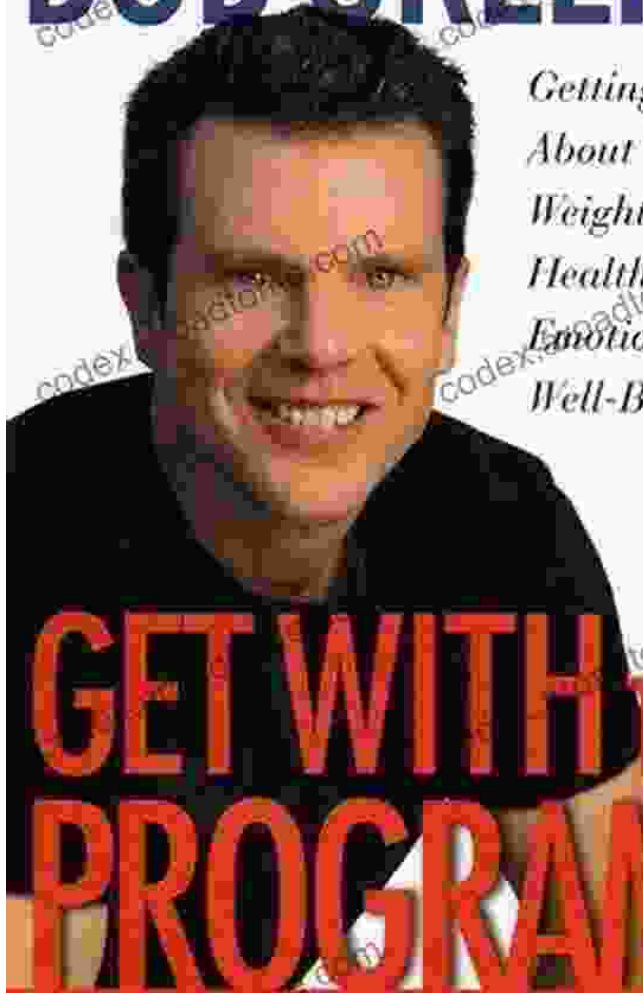
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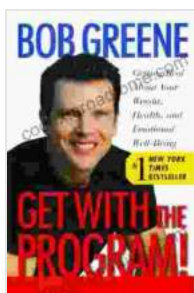
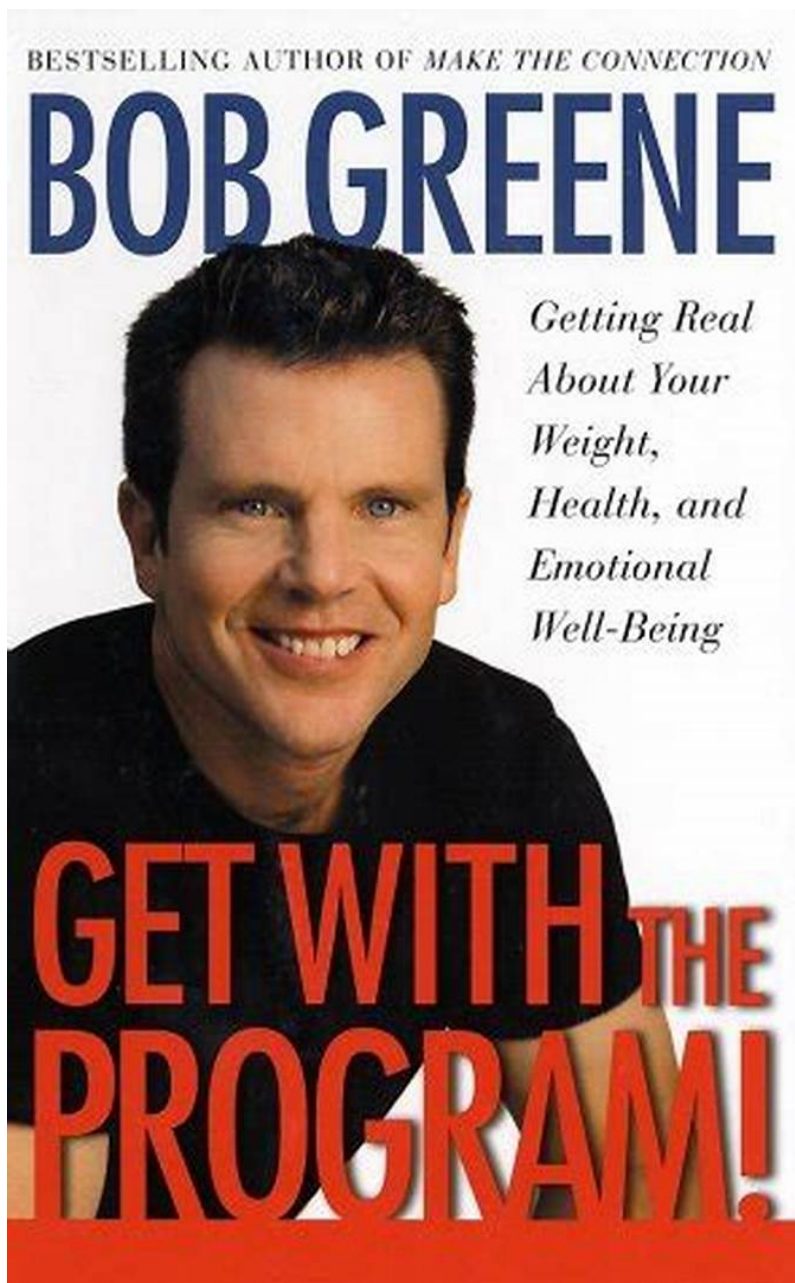
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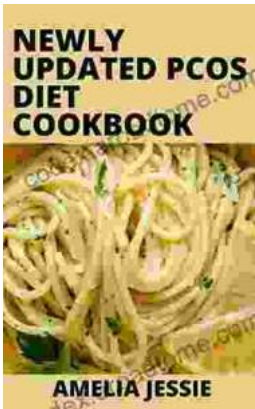
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