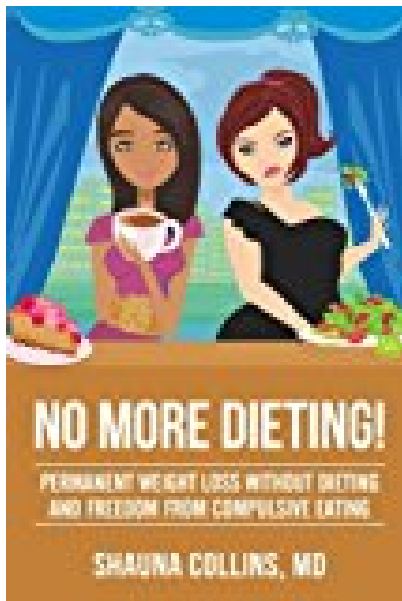


No More Dieting! Permanent Weight Loss Without Dieting & Freedom From Compulsive Eating



BOOK DETAILS

- Author : Dr Shauna Collins M.D.
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BOOK SYNOPSIS

No More Dieting! Its a bold statement, I know, but give me a moment and Ill tell you why you NEVER have to diet again... Hi, Im Shauna Collins, M.D. I was obese throughout my childhood and well into my adult life. I desperately tried to lose weight countless times throughout the years, but not a single diet ever worked. There came a day I firmly decided I would never diet again. Instead, I changed my mindset about food and eating and took simple action steps. While eating whatever I wanted, food obsession and compulsive eating vanished, along with 50+ pounds! Almost 9 years later, I still eat with no restrictions and have easily maintained my weight. I have counseled over 1,000 patients and have helped them learn how to lose weight by releasing the bonds of fad dieting as well. My personal experience, clinical experience, and medical data together led me to write this book. Three Areas of Focus No More Dieting! focuses on three specific categories: #1: Mind - all change first begins here. Without the right mindset, you cant permanently lose weight. #2: Motion - to live a healthy lifestyle, you must take action and get into MOTION. #3: Medication - this is sometimes needed to help some people reach optimal weight No More Dieting! will equip you with the right mindset to lose weight freely. Youll be given simple action steps that promote weight loss and, if needed, youll find information about current FDA-approved weight loss medications. If youre sick and tired of trying and failing to lose weight, tired of the fad diets and weight loss programs you keep seeing celebrities promoting... then join me inside No More Dieting! and start your path to true freedom and permanent weight loss today. What are you waiting for? Scroll to the top and tap or click "buy now" to get started!

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