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-except. Read and don't
-forget." -Doris Day



Beyond Chocolate®

How to stop yo-yo dieting
and lose weight for good

Sophie Boss and Audrey Boss

Beyond Chocolate How To Stop Yo Yo Dieting And Lose Weight For Good

SJ Ball



Beyond Chocolate How To Stop Yo Yo Dieting And Lose Weight For Good:

Beyond Chocolate Sophie Boss,Audrey Boss,2012-07-12 Are you unhappy with your body but fed up with constant dieting Would you like to lose weight without depriving yourself of the food you love Serial dieters for years Sophie and Audrey Boss finally overcame their weight problems when they discovered the key to success break free from the diet mentality and learn how to listen to your body so that you can make food choices that really work for you This book sets out a new liberating approach to establishing a healthy and satisfying relationship with food and a positive body image Based on extensive research and workshops for women with weight issues Beyond Chocolate will help you to Eat whatever you want without feeling guilty Lose weight and not worry that you ll put it back on Only think about food when you are hungry Stop when you are satisfied Feel comfortable in your body Wear clothes you like and feel good in Beyond Chocolate is your passport to freedom *Beyond Temptation* Audrey Boss,Sophie Boss,2012-09-06 In Beyond Temptation Sophie and Audrey

Boss offer a radical alternative to the tried and tested methods used to combat overeating which either encourage women to rely on willpower alone or legitimise overeating by providing lists of free foods on which women are actively encouraged to binge This book doesn t rely on NLP CBT or life coaching techniques but instead draws on the authors own experiences as two overweight and unhappy overeaters and their ten years of experience working with thousands of failed dieters in the Beyond Chocolate workshops and the successful techniques used in their newly established Stop Overeating workshops to offer women a practical sustainable approach to stopping overeating and achieving long term weight loss **F**k Work,**

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Natural Solutions to Menopause Marilyn Glenville, 2011-03-18 This complete guide to menopause offers effective advice on diet exercise and lifestyle to keep you in optimum health before during and after this change in your life With entirely natural solutions free from the side effects that are common to hormone replacement drug therapies this sensitive and informative guide includes A 12 Step Hormone Balancing Diet Relief from symptoms such as hot flushes night sweats and weight gain The truth about HRT to help you make an informed decision if you consider it How to prevent health problems such as osteoporosis and heart disease Simple steps to good energy levels body fitness and a fulfilling sex life beyond the menopause Understand what your body needs and you can prepare yourself for the menopause successfully manage your symptoms and enjoy the best possible health beyond it *Weekly World News* , 1993-05-04 Rooted in the creative success of over 30 years of supermarket tabloid publishing the *Weekly World News* has been the world s only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site

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and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian

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