

A clipboard with a silver clip at the top holds a white sheet of paper titled "weight loss plan". Below the title is a table with five columns labeled "breakfast", "snack", "lunch", "snack", and "dinner". The table has two empty rows for notes. The clipboard is surrounded by two halves of a grapefruit, a green apple, and a coiled pink measuring tape with black numbers.

weight loss plan

	breakfast	snack	lunch	snack	dinner

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Walter S. Rockey



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Kok, 2019-09-19 Girlfriends Guide to Weight Loss is a self help book for people who desperately want to improve their lives but due to multiple failed attempts at losing weight feel defeated and lost This refreshing guide takes its readers to the beginning of the process and reprograms their thinking about how a weight loss program should be approached Irene Kok serves 16 bite sized chapters full of hilariously inspiring stories sage advice current research actual recipes and an occasional well needed profanity helping you to Create a realistic and sustainable plan that you can enjoy Identify self sabotaging behaviors that have been inhibiting your success Learn to self forgive and avoid the common causes of program derailment Develop strategies to avoid mental pitfalls of dieting and all the cliché falacies that come with it Learn to accept the numbers on the scale and love yourself By the end of Girlfriends Guide you will have a whole new appreciation of the process You will understand why you have not been able to lose weight in the past how you can change that and how you can kick some serious ass **The Woman's Day Guide to Lasting Weight Loss** Kathy Keenan Isoldi, 2007 **The Doctor's**

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