

Same Day Delivery: Complete Guide



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Liz Josefsberg

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You Should Quit Reddit Jacob Desforges, 2023-02-21 In recent years countless books articles and documentaries have addressed the negative effects that social media platforms have wrought on their users and society. However these former works are incomplete nearly no attention has been paid to Reddit one of the most popular websites in the world. Reddit is certainly unique among social platforms but its potential for addiction and darker side of nefarious activity should absolutely not be understated. Additionally nearly no actionable advice has been provided to users of these platforms. The audience is told that these websites and apps are harming their mental health wasting their time and that they are addictive which would logically make the task of quitting rather difficult but then provided zero guidance on how to disconnect from them. Over 200 000 users gather on Reddit's r/NoSurf community to discuss reducing their internet use the forum is filled with reports of people who want to quit Reddit but find themselves psychologically compelled to return to the site over and over. For moderate to heavy users of these platforms quitting is clearly not so simple. You Should Quit Reddit is a paradigm shift in the genre. Jacob Desforges was a Reddit user of over a decade and a self-admitted Reddit addict who spent on average around three hours daily on the site. Not only is this the first book investigating Reddit's flaws as a platform but it is also written from the perspective of someone who experienced firsthand the struggle that comes with quitting these addictive platforms. This book therefore also provides readers with the practical advice tools and techniques needed to shatter the cycle of digital addiction enabling them to quit visiting Reddit and other time wasting websites for good so they can effectively reclaim their time to use in a more intentional manner.

Target 100 Liz Josefsberg, 2017-12-19 When I was losing weight Liz was more than my coach she was my rock and I couldn't have done it without her. She just got it because she'd been through it herself and helped about a million other people through it too. Target 100 is Liz in book form smart supportive and full of practical simple solutions. Liz changed my life and my whole concept of dieting and now can change yours too. Jessica Simpson When did weight loss get so complicated? Today it feels like there are a million different apps tools workouts and eating plans designed to help you lose weight. Some promise success via drastic unlivable restrictions others are so complex they turn losing weight into a second job. In Target 100 celebrity weight loss coach Liz Josefsberg shows you don't have to be a slave to your weight loss program. You don't have to count every gram of every nutrient and every calorie you eat at every meal. Believe it or not weight loss can be simple. It can even be fun. A 15 year veteran of the weight loss industry and who lost and kept off 65 pounds herself. Liz has accrued a high profile clientele. She helped Oscar winner Jennifer Hudson lose weight and transform her life and coached Jessica Simpson to shed over 50 pounds of baby weight twice. But along with the likes of Charles Barkley and Katie Couric Josefsberg has also coached thousands of others everyone from stay at home moms to office jockeys. Along the way she's learned what works and what doesn't when it comes to lasting weight loss and she's ready to share her secrets with the rest of us. Target 100 streamlines the weight loss process into six easy to follow guidelines and

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