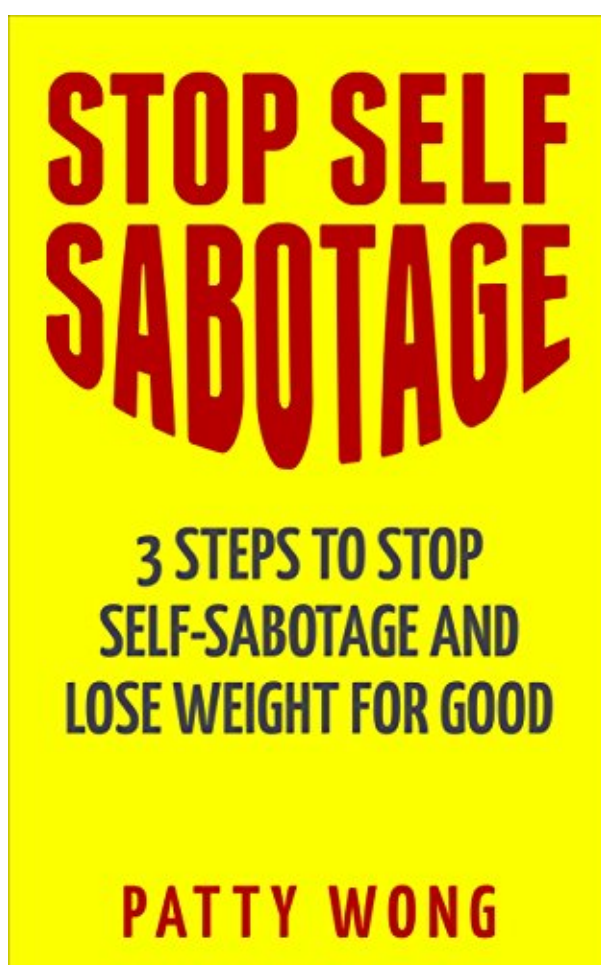


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STOP SELF-SABOTAGE: 3 STEPS TO STOP SELF-SABOTAGE AND LOSE WEIGHT FOR GOOD BY PATTY WONG PDF

Are you one step forward, two steps back with your weight loss? Have you tried everything but still can't shift the pounds? If you are - then this book will help explain why.

Patty Wong identifies the 5 key reasons why women self-sabotage their weight loss efforts. In particular, she explains what happens when fat women become "afraid of being thin". She illustrates these issues by sharing the stories of other women just like you. Patty Wong shares her easy, no exercise, 3 step action plan for recovery and a pathway to the new you.

About the Author

Patty Wong has been a yo-yo dieter for all of her adult life. Each time she lost weight she would gain it back plus more. She realized she was in a vicious spiral of weight loss, anxiety and weight gain. Part of her anxiety related to her fear of being thin. Having not been thin before, Patty was suddenly confronted with sexual harassment and jealousy from other women. She started eating and getting fat again. Finally Patty realized something had to change. She realized she was self-sabotaging herself. Patty got help and is now on a successful weight loss journey. She has summarized everything she learned and wants to share them with you in 3 easy steps.

Get this book now for a no exercise route to permanent health and weight loss.

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