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in this ebook you will learn choice theory the new psychology of personal freedom as an explanation for why you do what you do no matter what is behind your weight issue this theory can provide a framework for understanding how many times have you attempted to lose weight only to gain it and more back again are you tired of being on a diet wonder what makes this program different well in the first place it is done in the privacy of your own home at your own pace you decide when to complete the next lesson this program does not focus on the number on the scale it is about what you tell yourself and the habits in which you engage most weight loss programs fail because you are still having thoughts and behavior that support your bad habits this program will help you change that you will learn the psychology and physiology about weight loss along with this knowledge

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