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Losing Weight Permanently Secrets Of The 2 Who Succeed

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Losing Weight Permanently Gregory L. Jantz,1996 This book is about freedom freedom from being obsessed possessed and controlled by food and diets Here is counsel to liberate readers from the endless cycle of dieting and regaining weight

Psychology Today: Secrets of Successful Weight Loss Diana Burrell,2006-01-03 Psychology Today changing the way readers think about losing weight Written in the popular yet authoritative style of Psychology Today magazine this groundbreaking book offers much more than a weight loss program It offers an understanding of the personal and social forces conspiring against healthy weight loss conditions that make losing weight more difficult an overview of every method from Atkins to bariatric surgery and sound advice on the importance of exercise and lifestyle changes The Biggest Loser Success Secrets The Biggest Loser Experts and Cast,2008-03-18 Presents the diet and exercise secrets of successful contestants on the show The Biggest Loser discussing finding the time to work out overcoming food cravings and maintaining weight after reaching a weight loss goal

Turning the Tables on Gambling Dr. Gregory L. Jantz,2011-05-11 Don t Gamble with Your Future Nearly two thirds of the adult population in the United States gambled in the past year For some this represented a casual bet or a whimsical wager on winning the lottery But for a significant and growing portion of the population gambling isn t recreation it s life Many believe that Christians are unlikely to become enslaved by gambling Yet research indicates that Christians are drawn to gambling at the same rate as others In *Turning the Tables on Gambling* you ll explore the answers to questions such as What is my risk of becoming addicted to gambling Is playing the lottery or making a casual wager harmless At what point does gambling become destructive If gambling is a problem for me or someone I know what can I do With solid insight personal anecdotes and practical help Dr Gregory Jantz describes why people of all ages and backgrounds are lured into gambling and how freedom from this destructive behavior can be found INCLUDES GAMBLING PERSONALITY QUESTIONNAIRE

The Secret Master Key to Losing Weight (and Keeping It Off Forever) Shannon Matteson,2008-03 The Secret Master Key To Losing Weight is the eye opening book that the weight loss industry doesn t want you to read It reveals The Secret Master Key to losing weight and keeping it off forever Why other weight loss plans diets nearly always fail Why the weight loss industry wants to keep you overweight how they do it How to recognize the hidden influences pushing you to gain weight even when you don t want to and how to break their hold The surprising reason why simply losing weight is NOT the answer to overcoming your weight loss problems and what actually is The two specific ways to make achieving maintaining your ideal weight vastly easier with minimum effort More than 35 common reasons people gain and re gain weight and how to defeat them And much more This is a guide to effective whole self weight loss and weight maintenance Great for meat lovers vegetarians and vegans alike Moving Beyond Depression Dr. Gregory L. Jantz,Ann McMurray,2008-12-30 You Can Hope Again You may feel as if you will never find a way out of the darkness of depression Gregory L Jantz Ph D believes that because people s paths into depression are uniquely their own their paths out

of depression will be unique as well In *Moving Beyond Depression* he takes an insightful and honest look at the emotional environmental relational physical and spiritual causes of this disease Here you will find practical help that will lead you to true freedom

How to De-Stress Your Life Gregory L. Jantz, 2008-08 Dr Gregory L Jantz shows readers how to change the debilitating patterns of the past leaving the road clear for a healthy and revitalized future

Six Steps to Reduce Stress Gregory L. Jantz, 2016-09-28 75 percent of Americans report experiencing at least one symptom of stress in the past month in the United States according to the American Psychological Association Whether the cause of stress is money work the economy family or personal health easily get simple and effective tips to reduce stress that are improving lives of people everywhere In this step by step guide you will gain the tools to Start healthy habits to reduce stress Get a full night s sleep and wake up refreshed Enrich your relationship with the Lord and others like never before Simplify and organize your life to cut down on stress and focus on what really matters and more Stress is natural and even helpful in emergencies causing us to react quickly in need but being in stress mode regularly is dangerous to our health Using real life stories biblically sound advice proven tips and practical steps equip yourself to recognize the signs of stress and take action to reduce stress today

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The Diet Docs' Guide to Permanent Weight Loss Joe Klemczewski, J. Scott Uloth, 2008-12-01 Diet books have become a genre unto themselves as people anxious to shed those extra pounds seek that one perfect plan Oh sure they ve found such a plan before in fact several times before as they shed unwanted weight only to gain it back within a few months It s frustrating following a diet only to end up failing in the end losing that same twenty pounds over and over again But now Drs Scott Uloth and Joe Klemczewski put an end to yo yo dieting by giving their readers what they need most control The Diet Docs plan brings complex metabolic physiology within the grasp of the average reader A plan With over ten years of clinical success Field tested on everyone from housewives to professional athletes That s attainable and sustainable Easily

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