



How to lose weight: Tips and tricks to lose weight and rewire yourself to keep it off forever: An emotional, physical and psychological way to weight loss

Harper Cavanagh

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In *How to lose weight: Tips and tricks to lose weight and rewire yourself to keep it off forever*, you will discover breakthrough techniques that will enable you to shed your pounds with ease, by utilizing and changing your emotional, physical and psychological states to lose weight rapidly and with lasting results. You will learn tricks to increase your metabolism to become a fat-burning machine, while you can still indulge in the foods you love by following a simple weight loss hack. This method allowed the author to lose fifty pounds in just over three months, without any exercise. You will also discover unique methods to uncover and dissolve all of the weight loss blocks you may have, that has been preventing you from losing weight before, and keeping it off. You will also gain insight into the truly astonishing facts of why you store your fat where on your body, and which emotions it relates to. Through leveraging your subconscious mind, you will discover the easy way to permanent weight loss, and finally get the body that you want.

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