



But I Deserve This Chocolate!: The Fifty Most Common Diet-derailing Excuses and How to Outwit Them

By Susan Albers

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, But I Deserve This Chocolate!: The Fifty Most Common Diet-derailing Excuses and How to Outwit Them, Susan Albers, From bestselling author and mindful eating expert Susan Albers. So many people are motivated to lose weight, yet most will fail to maintain healthy eating and lifestyle habits or will succeed for a time, but eventually regain the weight they lose. Many more are diagnosed with diseases that can be easily controlled with diet and lifestyle changes that can be difficult to make. Pervasive, insistent thoughts such as "I deserve this!" and "I'm buying these chips for the kids, not for me," and discouraging, self-critical thoughts like "Who cares? I'm never going to lose this weight," keep many people in the habit of unhealthy eating. But I Deserve This Chocolate! targets the fifty most common self-sabotaging thoughts and habits. Each of the fifty chapters explains the mentality behind a particular excuse and offers readers a mindfulness exercise for rerouting the thought into a more positive mentality toward oneself and food. This pocket guide is ideal for readers who want to lose weight, those who simply want to eat more healthfully, or people who...



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