



# **Weight Games: How To Lose Weight Naturally and Effectively: Simple Ways To Change Your Weight Loss Habits (Self Help Change Your Life Book 3)**

*Terry Winterfield*

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**Are you looking for a unique, straightforward guide to losing weight? Unhappy with your body, weight loss and general health? Do you want to shed pounds and get into the best shape of your life?**

Weight Games is here to help, providing **simple, clear answers** on how to build **life-long healthy habits** and packed full with weight loss tips and advice.

Losing weight can be **HARD**. If you've slogged through countless fad diets you'll know, but Weight Games is different. It's precisely what you need to know in an **easy-to-read format** that investigates not just the 'what', but also the 'how' and 'why'. You'll learn how to build habits, resist temptation, eat and exercise right, and the **mental secrets** you need to know to **succeed**.

This is not your regular guide to losing weight. It requires no extra products or expensive equipment, just your brain and the will to build a better life for yourself with essential weight loss habits.

**Bonus!** Don't miss the **10 essential commandments** to losing weight and keeping it off for good.

## **Inside, you'll learn:**

- Why habit-forming is so important and how to do it
- What you should eat, when and why
- How to change your food perception
- What to drink to lose weight
- How to exercise right and stay motivated
- Simple ways to be more mindful and supercharge your thinking
- Much, much more.

**What are you waiting for? Download your copy today!**

## From the best-selling, self-change author of **Sex Games and Life Games**

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#### **Carrie Correll:**

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