



Judy s Dietglue: The How to Stick to Any Sensible Weight-Control Plan -- Forever-- Guidebook (Paperback)

By Judy Payne

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.WARNING: Don t Read Judy s DietGlue If All You Want Is Dime-A-Dozen Diet Hints, Tips, Plans, and Recipes You Can Find Elsewhere. If You Are a Woman Who Loses and Gains--Again and Again, Judy s DietGlue Is For You. It Can Help You STICK To Any Sensible Weight-Control Plan You Choose. Judy s DietGlue Is a Source Of Inspiration, Motivation, Wisdom, Humor, Credible Information, Fresh Ideas, and a Process To Get Your Life Under YOUR Control Judy Payne (An Author/Columnist/Speaker/Teacher/Buddy), Lost Over 100 Pounds 30+ Years Ago and Has Kept It Off. As She Documented Her Years Of Weight Loss and Maintenance, She Developed Her Successful 4-Step Approach Which She Will Teach You In Her Unique, Humorous, No Nonsense Book. This 4-Step Approach Will Teach You How To Rethink, Organize, and Prioritize Your Life As It Helps You Learn How To Motivate Yourself To STICK To Any Healthy Weight-Control Plan. You Will Also Learn the 3 Essential Ingredients of Successful Weight Control and the 9 Most Common Reasons Why Dieters Almost Always Fail. You Will Examine Your...



READ ONLINE
[6.01 MB]

Reviews

A fresh e book with a brand new point of view. It is definitely simplistic but surprises in the fifty percent of your ebook. Its been designed in an extremely basic way and is particularly just soon after i finished reading this ebook where in fact altered me, change the way i really believe.

-- **Dr. Alberta Schmidt V**

These types of publication is the greatest publication available. It really is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Prof. Lenna Beatty III**

See Also



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



Patent Ease: How to Write You Own Patent Application (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Patent Ease! The new How to write your own Patent book for beginners! Because you are a beginner; not a...



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any friend and being lonely all the time...



Penelope s Postscripts (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in Philadelphia,...