



## 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...



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