



## Psych Your Diet: Psych Yourself to STICK TO IT v. 2: A Daily Dose (Paperback)

By Kenneth Schwarz PhD., Julie North Schwarz

Symmetry Press LLC, United States, 2010. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Being able to stick to it when you go on a diet is a must. All the help you need to get to your goal is here in this second volume of the three-volume set: Psych Your Diet: A Daily Dose Volume 2. Psych Yourself to STICK TO IT Written by a psychologist, these three books show a woman how to make the personal changes needed for each weight-loss phase. Each book in the series shows you how to psych yourself at a particular stage of weight loss: whether you need help to START (Volume 1), help to STICK TO IT (Volume 2), or help to KEEP IT OFF (Volume 3). Psych Yourself to STICK TO IT is designed so you can read one piece at a time, one a day. Each selection gives you an effective dose of daily knowhow, encouragement, and inspiration.

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