



You've Got This!

By Dale Barr

Dale Barr, United States, 2013. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Let's start with what this book is not. YOU VE GOT THIS! is not a diet book. In fact, when it comes to the fundamentals of weight loss, most of us are already quite savvy. For the most part, we know what to do (and what not to do) in terms of exercise and healthy eating. So what you don't need, dear readers, is another diet book. What you need is a mindset resource. Something to help you get your head in the weight-loss game so you can win it once and for all. In YOU VE GOT THIS!, Dale Barr, a certified health and wellness coach, shares inspiration and motivation to help you shift your mindset and make lifestyle changes that stick during the first 30 days of your weight-loss journey. Arranged as daily doses of guidance, YOU VE GOT THIS! addresses the most common pitfalls encountered by anyone trying to lose weight and offers tools to manage the associated emotions so that you can stay the course. Think of this book as a...



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