

## [WEIGHT LOSS MOTIVATIONAL BOOKS](#)



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### **Weight Loss Motivation Motivational Books**

Almost anyone trying to lose weight experiences setbacks along the way. They can be incredibly discouraging and can make you feel as though your weight loss goal is an impossible target. You tried and failed. However, to successfully lose weight and keep it off, you must understand that there is no such thing as failure, only feedback. You do not fail, you are simply learning what does not work and have been given the opportunity to try a new approach.

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Top 5 Books for Weight Loss Motivation. Half-Assed: A Weight-Loss Memoir Jennette Fulda; Many weight-loss books are filled with scientific and psychological facts about health and nutrition. Jennette Fulda's book takes a more personal approach. This is a work of nonfiction that reads like fiction. It's even a satisfying beach read.

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This book was written by Dr. Susan Albers in 2015. Doctor Albers is a psychologist at the Cleveland Clinic and the author of seven books. These are one of the best books for weight loss motivation. In her book she talks about motivation during dieting in six chapters.

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Weight Loss Motivation: for Men and Women: Motivational Hacks & Strategies to Trick Your Brain and Lose Weight Fast (Weight Loss, Motivation Strategies, How to Lose Weight Book 1) (English Edition) Kindle Edition

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### **Our Lady of Weight Loss Books**

1. Our Lady of Weight Loss: Miraculous and Motivational Musings from the Patron Saint of Permanent Fat Removal. As millions of women can attest, losing weight is hard work, and even the most resolute of dieters often fail.

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More than \$20 billion is spent per year on weight loss books, drugs and surgeries, ABC News reported in 2012. With dozens of books coming out each year, it's difficult to know how to tell the good books from the fad books.

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For example, if you re interested in lifting weights in order to get fit, look for a motivational fitness book from a pro bodybuilder. No matter what niche of fitness you re interested in, from Yoga to Pilates to Aerobics and beyond, you ll find that there is a book written by an expert in that field. This is one clever way to comparison-shop for something which will be perfect for your needs.

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Weight Loss Motivational Quotes The 25 Best. Weight loss motivational quotes are an exceptional way to keep yourself motivated. Motivational quotes like these 25 below are like nudges in the side that keep you focused on your goal.

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