



# **The Never Say Diet Personal Fitness Trainer: Sixteen Weeks to Achieve Your Goal of a Healthy Lifestyle**

*Chantel Hobbs*

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# The Never Say Diet Personal Fitness Trainer: Sixteen Weeks to Achieve Your Goal of a Healthy Lifestyle

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If you want to lose weight for good, learn a secret from Chantel Hobbs: to change your life you first have to change the way you think.

After years of failed diets, Chantel discovered the power of the “brain change.” She made five nonnegotiable decisions, developed a balanced plan for exercise and nutrition, and lost 200 pounds. Now, through writing, speaking, and her work as a personal trainer, she inspires others to achieve far more than they thought possible.

With *Never Say Diet*, you can:

- Ditch your self-defeating habits and start dreaming big again
- Develop a driving passion for personal fitness
- Look at food as fuel and not as your best friend
- Learn how God wants to help you win!

Put an end to the diet drama. Whether you want to lose fifteen pounds, fifty, or one hundred fifty, Chantel will show you how to make your commitments stick—producing results that last!

It’s not easy, but it really is as simple as it sounds. First you lose your excuses, then you lose weight for good. You’ll never say “diet” again.

*From the Trade Paperback edition.*

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#### **Carl Carrillo:**

Spent a free time for you to be fun activity to do! A lot of people spent their leisure time with their family, or their very own friends. Usually they undertaking activity like watching television, gonna beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Might be reading a book could be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the e-book untitled The Never Say Diet Personal Fitness Trainer: Sixteen Weeks to Achieve Your Goal of a Healthy Lifestyle can be very good book to read. May be it might be best activity to you.

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The Never Say Diet Personal Fitness Trainer: Sixteen Weeks to Achieve Your Goal of a Healthy Lifestyle can be one of your beginning books that are good idea. We recommend that straight away because this guide has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The article writer giving his/her effort to get every word into satisfaction arrangement in writing The Never Say Diet Personal Fitness Trainer: Sixteen Weeks to Achieve Your Goal of a Healthy Lifestyle although doesn't forget the main place, giving the reader the hottest and also based confirm resource facts that maybe you can be certainly one of it. This great information may drawn you into new stage of crucial considering.

#### **Rita Lattimore:**

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