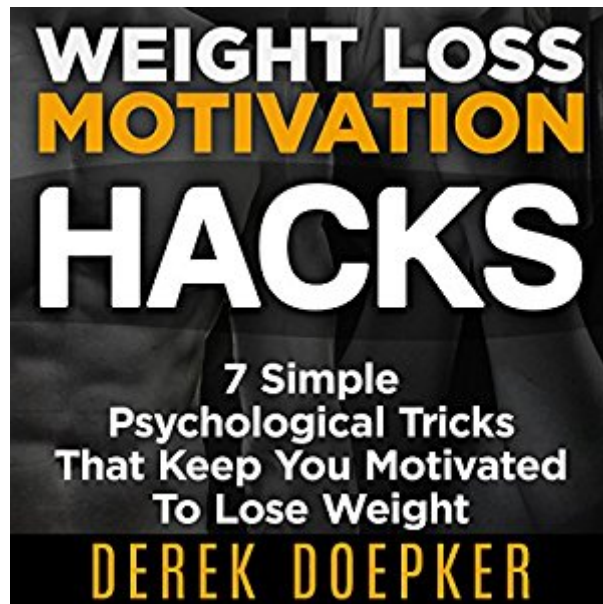


The book was found

Weight Loss Motivation Hacks: 7 Psychological Tricks That Keep You Motivated To Lose Weight



Synopsis

Do you feel like you're fighting a losing battle with yourself to get motivated to lose weight? Unfortunately, many people will never reach their weight loss goals simply because they can't figure out how to get themselves motivated enough to stick to their resolutions. But what if you could simply reprogram your brain with powerful psychological "mind-hacks" to create unstoppable motivation on-demand, and finally reach your weight loss goals with ease? Derek Doepker reveals what years' worth of psychological research has shown to be hands-down the most effective methods of transforming your habits. You're about to discover: The biggest myth of motivation. When you discover this trap almost everyone falls into, you'll realize why you could never get yourself motivated before. The six human needs that dictate all human behavior. When you map out your behavior blueprint, you'll be able to flip a switch to have die-hard passion for things you previously hated doing. How more than 90% of people who lose weight dieting gain it all back, and what you can do to make sure this never happens to you. Why lack of willpower is almost never the reason people fail to stick to their weight loss goals. Discover a force stronger than willpower that can virtually guarantee you'll never fail again. How to avoid the misery of boring diet and exercise programs and make the entire process of weight loss not only fun, but downright addicting. A trick research has shown can help stop food cravings dead in their tracks. Note: This technique is so powerful, it's being used to successfully help smokers quit for good. And more!

Book Information

Audible Audio Edition

Listening Length: 47 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Derek Doepker

Audible.com Release Date: July 10, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B011CHJ5WI

Best Sellers Rank: #106 in Books > Audible Audiobooks > Health, Mind & Body > Health #115 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #339 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

I gave this three stars because I wished it went into more detail, but it is a free book and seemed to entice the reader into buying the author's other works. That said, I did enjoy this book because it restated what most people already know about motivation but also have some tips on actually harnessing will power and keeping motivation high. I did like the concept of the thirty day challenge and making smaller, achievable goals to keep you motivated and stay on track. Being an "all or nothing" girl, I'm going to try this concept first and also figure out my needs as discussed in the book. If "baby steps" get me there then that's what I'm willing to do since the way I've been doing things isn't really working.

Actually learned some new things from a little different slant. Also, found some valuable resources from this guide, one of which I'm already using. Worth the short amount of time it takes to read. Thank you, Derek.

I've been struggling with my weight for about six years. When I hit my forties the weight distribution changed. My eating habits changed and my energy level diminished. I have fat rolls around my mid section that I've never had in my life. The whole idea of needing to lose weight and get into shape makes me angry. I think, how am I going to lose this 50 pounds as fast as I can and get back to my normal life. After reading this I've just realized this is my normal life now. It's just time to make a small adjustment or two.

I really like the idea of gradually working things into your routine to form a habit and to reach a goal. my goal after reading this is do at least 5 minutes off stretching/Pilates/yoga in the morning when I wake up and working out at least 3 times a week. I want long term success

Easy to read and it has very good points. Hopefully I will be able to instill his tips in my mind for better weight results.

I've only recently discovered Derek's work and I love the fact that he's not merely regurgitating other people's ideas, he's got a fresh perspective based on his own experiences. This guy is walking the talk and sharing it all. I love that.

Absolutely AMAZING! LOVE this book! It is short, to the point, and has excellent advice that really works, as long as you do what it says. You can't just read it and magically lose weight, but if you are

motivated to get healthier, this book will help you!

Derek Doepker is one of my favorite fitness authors, and in my opinion, this book is his best to date! Mr. Doepker absolutely hits the nail on the head when he talks about why willpower fails, and how you need to think instead. This book is loaded with unparalleled advice on the mindset you must achieve in order to stop struggling and doing the health off-and-on roller coaster! If you've failed at lots of diets in the past, read this book and take the advice to heart.----- Dan DeFigio, author of The Two Week Transformation

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