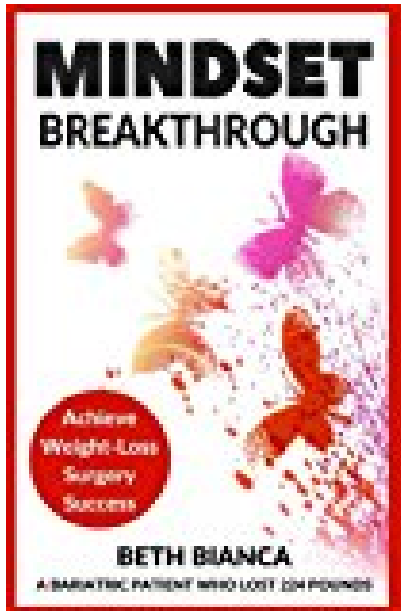


# Mindset Breakthrough Achieve Weight-Loss Surgery Success

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## BOOK DETAILS

- Author : Beth Bianca
- Pages : 86 Pages
- Publisher : Blue Pluto Publishing
- Language : English
- ISBN : 0692806156

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## BOOK SYNOPSIS

Discover the Freedom of Not Being Controlled by Food Beth Bianca Had Weight-Loss Surgery and Lost a Total of 224 Pounds by Breaking Through Her Old Mindset. If weight-loss surgery helps you lose weight, why do so many people gain their weight back? Having weight-loss surgery isn't a lifetime fix. If you keep thinking the same way you always have, chances are you'll end up back where you always were. Having bariatric surgery isn't enough. You have to change the way you look at and feel about food. Inside Mindset Breakthrough: Achieve Weight-Loss Surgery Success, Beth shares real-life examples and the steps she took to overcome the "mind games" after having bariatric surgery. Although her stomach was smaller, she still had the same cravings and impulse food desires she always had. It was embarrassing for her to realize how much of her life revolved around food. During her transformation, Beth discovered the key to unlocking her old ways of thinking and food behaviors. Now, you can learn the same 8- Step plan she used to break through your old patterns. As you read and apply these steps to your life, you will become empowered to take control over your life and finally find freedom from your self-defeating habits. Beth explains: What needs to be done for weight-loss surgery success. How to develop the mindset to DO WHAT NEEDS TO BE DONE. How to end the self-inflicted frustration you have lived with all of your life and feel the freedom of not being controlled by food, once and for all. Mindset Breakthrough is written in easy to understand, concise, actionable steps. It is a must-read book for any bariatric patient dealing with self-doubt or the fear of failure after having weight-loss surgery. Would you like to know more? Scroll up and click the "Add to Cart" button.

### **MINDSET BREAKTHROUGH ACHIEVE WEIGHT-LOSS SURGERY SUCCESS -**

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