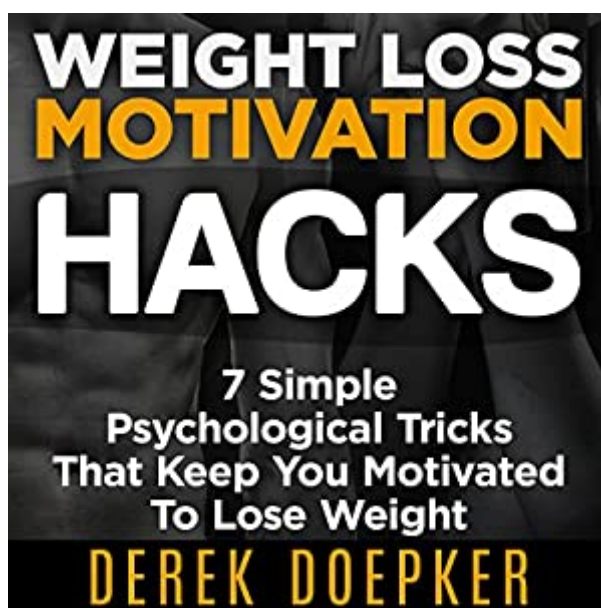


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# Weight Loss Motivation Hacks: 7 Psychological Tricks That Keep You Motivated To Lose Weight



## 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

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Fitness & Dieting > Women's Health > General

## Customer Reviews

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.

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!

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.

I am impressed and grateful for a book of this caliber! I have searched long and hard through a multitude of books to find a small part of, what this little book covers. Poignant, cut to the heart, of how our body works with our mind to keep us from the things we have wanted all our lives. Pulls it out of us so we can look at it from a different perspective, and then incorporating it in our daily routine, today. Thank you, Derek, for all of your hard work and research. You are greatly appreciated. I can't wait to read the other books you offer.

Weight Loss is a complex and difficult subject for people to deal with. Psychology plays a very important part and this book correctly addresses the barriers that people are likely to face and what to do about them. Unless you get the internal mental work right, exercising on will power will not work. You need to have a system in place and you also need the help of a support group. As for the book, make it a permanent addition to your library if you are dealing with weight loss issues or you know someone else who is dealing with this major problem.

While I never give a "perfect" rating to anything or anyone, because there is no such thing as perfect, this book comes close to it. This isn't about just weight loss it is about making any life change for the better. The author points out things to make us think about why we aren't getting in better shape, more organized, and other important factors in our lives. I will refer back to this book as I work on moving forward to my next goal in life!

Easy enjoyable read with good tips. Positive and motivating. Makes you feel like you can do it too.

Good book.

Very informative as all of Derek's books are. Simple to the point ways to succeed at weight loss. Simplicity is best in all things to create a habit you can stick with. Read for yourself, but it only works if you apply what you have learned. Barbara Blades

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