

**GET STARTED  
WITH WEIGHT LOSS**

HOW TO GET HEALTHY, BE HAPPY AND LOVE LIFE

**JENNIFER FREYTAG**

...a more positive attitude?

We talked about improving your mood on page 10 to improve your attitude as well.

**It just so it won't screw up your**

...time and applies to so many people. Too often they get... or fearful about their past and are... the future. There's a saying, "Face the... it." That's what you should do with your... Depending on what you need to forgive... amount of years, but if you confront it head... it automatically impact your entire life in a... the present instead of the past. A terrible... a massive breakthrough is bigger than the... time looking forward!

...about dreams and how right working when about... the things you do, there's less chance of... or decided.

...steps a week at 8:30 a.m., and other days... you and put in the morning regularly. I just... when I know I've already done some... I will say I don't think there is genetic... it's just a habit. I will set my alarm, but... I've been yourself up or expect to be... and I promise, I will...

# Ebook Weight Loss

**Louise Burke, Vicki Deakin**



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