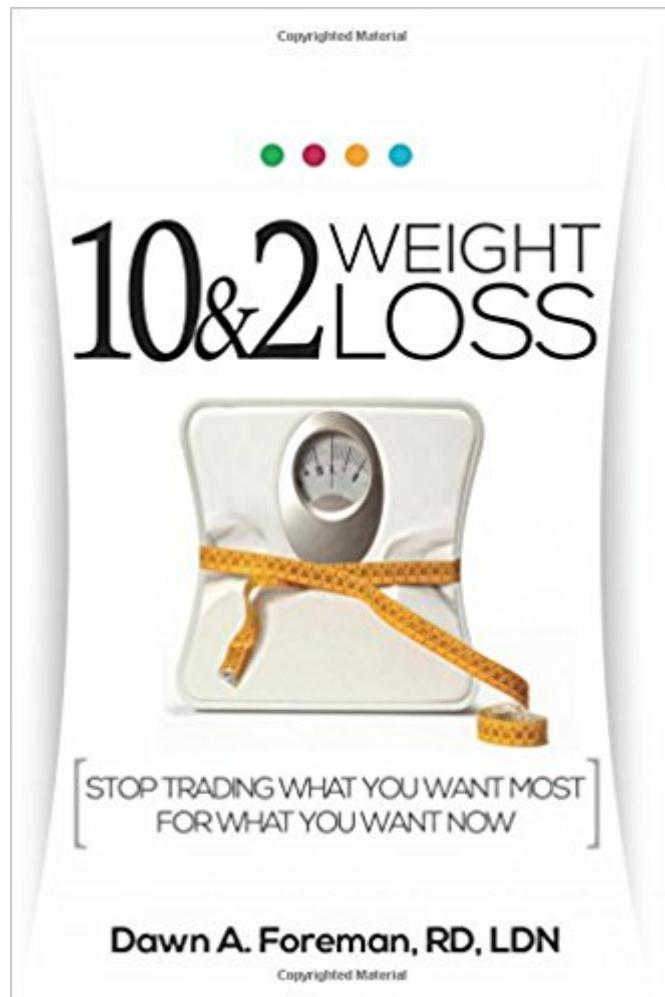


The book was found

10&2 Weight Loss



Synopsis

Are you tired of struggling with your weight and ready to start living the life you know you were meant to live? Stop counting calories with My Fitness Pal® points with Weight Watchers® and eating boxed meals with Medifast® and Nutrisystem®. Start living and making those decisions that will stop the yo-yo dieting of the past. You don't need to be a slave to the latest fitness app or food scale to get the flat belly and tone body you desire. You need to have one expert you can trust to tell you the truth and to lead you in the right direction. The lessons and realities unveiled in this book are based on over 2 decades of experience as a Personal Trainer and education as a Registered Dietitian. On each page, you'll turn down the white noise that clutters the weight loss industry and gain insight on how to lose weight and keep it off almost effortlessly. * You'll get practical action steps to embrace those weight loss realities that have previously been stumbling blocks in your weight loss journey. * You'll learn how the natural shift in your hormones affects your ability to lose weight. * You'll learn how to make your metabolism work for you. * You'll discover the driving force that will keep you from hitting the snooze button in the morning. * Most importantly, you'll start changing the conversations you have with yourself and others about food, fitness and your weight so that keeping your weight off is not a constant struggle. "Following this program 100% has been the best decision of my life. Since I started I've lost over 50 pounds and 46 inches. I will never go back to my old habits; I now understand exactly what it takes to make my new & improved self my reality. My only regret is that I wish I would have found this program 15 years earlier." - Janet (53 year-old empty-nester & former perpetual dieter) If you're ready to stop starting weight loss programs every few months or every year, pick up this book, start reading and start shrinking.

Book Information

Paperback: 184 pages

Publisher: Personally Fit (July 23, 2014)

Language: English

ISBN-10: 0692258906

ISBN-13: 978-0692258903

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 29 customer reviews

Best Sellers Rank: #1,747,423 in Books (See Top 100 in Books) #93 in Books > Health, Fitness & Dieting > Nutrition > Fiber #183 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #7816 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

Dawn A. Foreman, RD, LDN is a Registered Dietitian, Advanced Health & Fitness Specialist and owner of Personally Fit (the fitness and weight loss center for women in Lafayette, LA).

She's been featured as the fitness and weight loss expert on KATC (the local ABC affiliate) and is a speaker for Club Industry where she trains personal trainers in the best nutrition practices. Her no BS approach to fitness, nutrition, and weight loss is uniquely positioned to revolutionize the weight loss industry.

I just finished reading this book yesterday...I really enjoyed the personal stories! The explanations as to why things in our bodies work the way they do was very well explained and not inundated with huge science terms that make readers zone out. I'm going to keep my hands at 10 & 2 and I've tossed that rear view mirror out the window...what a wonderful positive message!!!

An excellent book written by a knowledgeable dedicated individual. She knows what she's talking about because she works with individuals on a daily basis. I know because I am one of those who has had the privilege of her experience and knowledge.

What an inspiration!!! This woman has so much compassion for helping others reach their goals and dreams. I have only known her for two months, but it feels like a lifetime of trust and friendship! Want to LOOK and FILL BETTER about yourself? Spend some time with DAWN FORMAN! She can help change the world!!!

Great book!!! Do yourself a favor and read this book. Dawn has many years of experience helping women lose weight and getting into shape. The plan is easy to follow and it works. Thanks Dawn for helping me on my weight loss journey!

What a great book, motivating, informative and encouraging! If you are trying to rewire your health this is the book for you

Go for it!

I love this book! Dawn's advise is great for health & weight loss, but also for every area of life. 10 & 2....something I now often tell myself ;)

Great job Dawn!! Lots of great info on how to get healthy!!

[Download to continue reading...](#)

Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Ultimate Weight Loss Smart Points Beginnerâ„¢s Guide: Everything You Need to Know for Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips, 30 Day Meal Plan, and Recipes) Weight Loss: Weight Loss Instant Pot eBook, Eat What You Love But Do It Smarter!Simple Recipes To Follow Weight Loss Smarts Points DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes,Juicer Recipes Book, Juicer Books,Juicer Recipes,Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103)

Slow Carb Recipes: Simple Weight Loss Recipes To Lose 20 Pounds in 30 Days and Increase Energy Without Exercise!: Weight Loss Recipes (Slow Carb Weight Loss Book 1) The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Works) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)