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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

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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 compation for helping others reach their goals and dreams. I have only known her for two months, but it fills 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 lose 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 advice 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!!

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