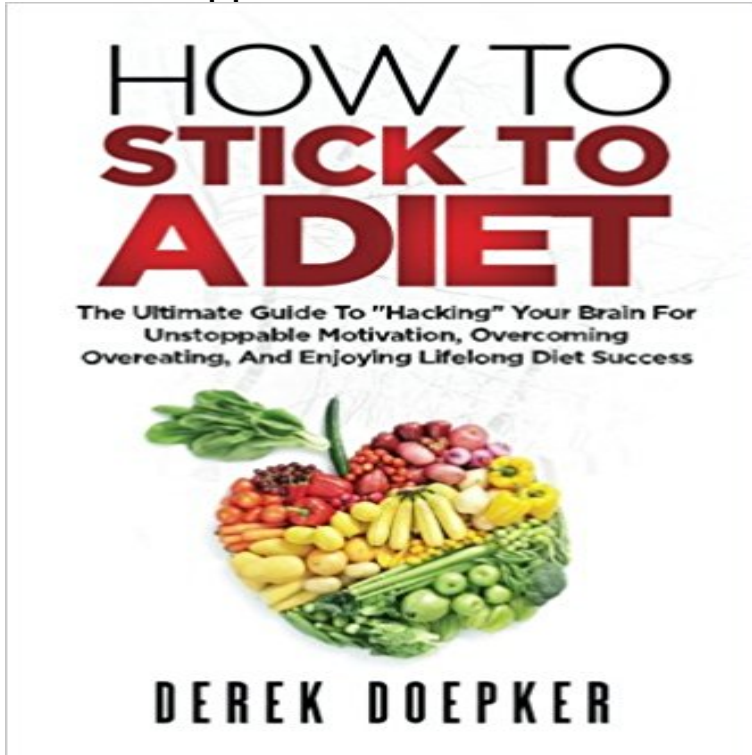


How To Stick To A Diet: The Ultimate Guide To Hacking Your Brain For Unstoppable Motivation And Lifelong Diet Success



Has modern psychology uncovered powerful but simple mind hacks that allow you to literally rewire your brain for unstoppable motivation? In *How To Stick To A Diet*, you'll discover what the most recent psychological research has uncovered can be done to unlock the motivation you need to reach your health, fitness and weight loss goals, regardless of willpower. You'll discover:

- * Why losing weight through dieting can backfire causing a person to end up more overweight down the road, and what is essential if you want to keep fat off FOREVER.
- * The truth about why diets don't work is both true AND false! (The truth may surprise you!)
- * How 4 core emotional wants (that dictate your behavior) can make it impossible to stick to a diet unless you start to use them the right way.
- * How changing one word you say can flip a switch in your brain to generate willpower on demand.
- * 3 powerful mind hacks that instantly change your feelings towards any foods!

With these hacks in your tool belt, you'll be able to overcome emotional eating and food addiction for good!

- * Why it's almost impossible for you to fail when you take the one simple approach most people don't even try!
- * Why diet tips for enhancing weight loss motivation without first explaining this *one* thing are almost useless.
- * How you can still eat all of your favorite treats without them screwing up your diet, weight loss efforts, or health.
- * Hands down the best, quickest, and safest way to lose weight while preventing metabolic shutdown ever invented!
- * How to instantly shut down the body's stress response so you'll never have to worry about being too stressed out (be one of the few that knows the trick!).
- * The real reason you crave sugar and snacks, and how a couple inexpensive items from your local grocery store will stop addicting sugar and salt food cravings dead in their

tracks. (Never give into binge eating again when you know this!) * What recent research has shown you must do when setting goals for long-term success. * What modern research has shown can actually alter your genetics, and what you must do to make sure your genes aren't keeping you unhealthy and out of shape. * Why people often feel so stressed out about dieting, and how you can free yourself of feeling overwhelmed when approaching diet. TIP: Apply it to other things and your happiness will skyrocket in all areas of your life! * A little known way to get organic quality food at wholesale prices so you can eat the healthiest foods without breaking your budget. * How you can make days worth of healthy food in only 5 minutes of prep time. When you know this strategy, not having time will never stop your diet success. * Where to find the best deals on supplements, protein shakes, and health foods online so you can avoid wasting hundreds to thousands of dollars. * And much more! Dieting can mean giving up your favorite foods, spending hours in the kitchen preparing meals, not enjoying meals with friends, and paying a fortune on costly health foods. It's no wonder having to muster up the motivation to stay on a diet can feel downright impossible. But if sticking to a diet was impossible, then how can a person that ate fast food every single night, and hated healthy foods transform into someone that has eaten a healthy diet everyday for 9 years straight? The answer may have something to do with a few little known secrets about human psychology that allow you to completely transform the wiring in your brain.

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How to Stick to a Diet: The Ultimate Guide to Hacking Your Brain How To Stick To A Diet: The Ultimate Guide

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