



Lighten Up: Win at Losing: A Dynamic Program to Lose Weight and Gain Health Now

Jane Percy

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In the US, millions of people spend billions of dollars on books, programs, drugs, or surgery that claim to offer a solution to obesity. It is a huge and exploitive industry that flourishes while, per capita, we are becoming heavier and unhealthier by the minute. None of the above fully address the core issue with weight and that is: why are we so hungry? Where do these cravings come from and how do we become craving free and empowered in our food choices? *Lighten Up! Win At Losing* gives the reader basic information about food (most of what we eat doesn't nourish) and then it fosters the mind shift necessary for a new relationship with food.

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