

The Time Is Now: 7 Ways to Get Off the Diet Rollercoaster and Get on with Your Life



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(Jasen Roberts)

THE TIME IS NOW: 7 WAYS TO GET OFF THE DIET ROLLERCOASTER AND GET ON WITH YOUR LIFE

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BookBaby, United States, 2015. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book. LONG DESCRIPTION One day soon I m going to get serious about losing this extra weight. It s just that right now is not a good time because (insert lame excuse here). Sound familiar? Kathy Laucius knows all about setting yourself up for failure when it comes to slimming down and getting fit. At age 38, she was an overweight, out-of-shape mom who found herself trapped in a no-win cycle of fad diets and unrealistic workout goals. But then something clicked. As she began to discover a more sustainable path to health and fitness, Kathy transformed her bodyand her life. A nationally recognized personal trainer and former National figure competitor, Kathy Laucius now focuses on helping others on their fitness journey. In The Time Is Now, she offers in-depth guidance on proper nutrition and exercise, including practical advice on planning healthy meals, setting realistic goals, and making your workouts more effective. Perhaps more importantly, she delves into the psychological traps and everyday challenges of work and family that can derail your best efforts to lose weight and keep it off. Drawing on her own experiences, Kathy discusses common setbacks and ways to overcome them. The book also includes recommendations on the best fitness-related apps and websites, plus a lengthy appendix with tips on hiring a personal trainer, food lists, and sample strength-training and cardio workouts.

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