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Rewards. When writing down your goals, also include the rewards you intend to give yourself upon achieving them. Rewards can include a manicure, a new book or CD, a massage, a new pair of sneakers or movie tickets. Avoid weight-sabotaging rewards, such as ice cream, cookies or candy. Reward yourself with a cookbook that will help you continue your weight-loss journeyor, if youve reached your goal, help you maintain your goal weight. Gina Homolka, the blogger behind Skinnytaste, has a new cookbook out that includes expertise from R.D. Heather Jones. The Realistic Diet: Eat With Rewards - Kindle edition by John Hedges. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading The Realistic Diet: Eat With vb-iostalebudalastine.com: John Hedges.

What Is The 2 Week Diet?The 2 Week Diet is the diet program for safe, rapid weight loss. Based on a decade of scientific research, it promises pounds of body fat in just 14 days. Many people today are overweight and need to lose weight. Megan Patrick Megan Lane Patrick has been a professional writer and editor for the past 16 years, and was a chronic dieter for at least A combination of weight-loss surgery, mindful eating and daily exercise finally allowed her to maintain a weight loss of more than pounds. Use many rewards and use many types for maximum effectiveness. When you maintain your exercise regimen or healthy eating, choose a reward from a rotating menu of possibilities. The menu can include any number of options, from a self-congratulatory "Excellent!" to time allotted to hang out with a friend.

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