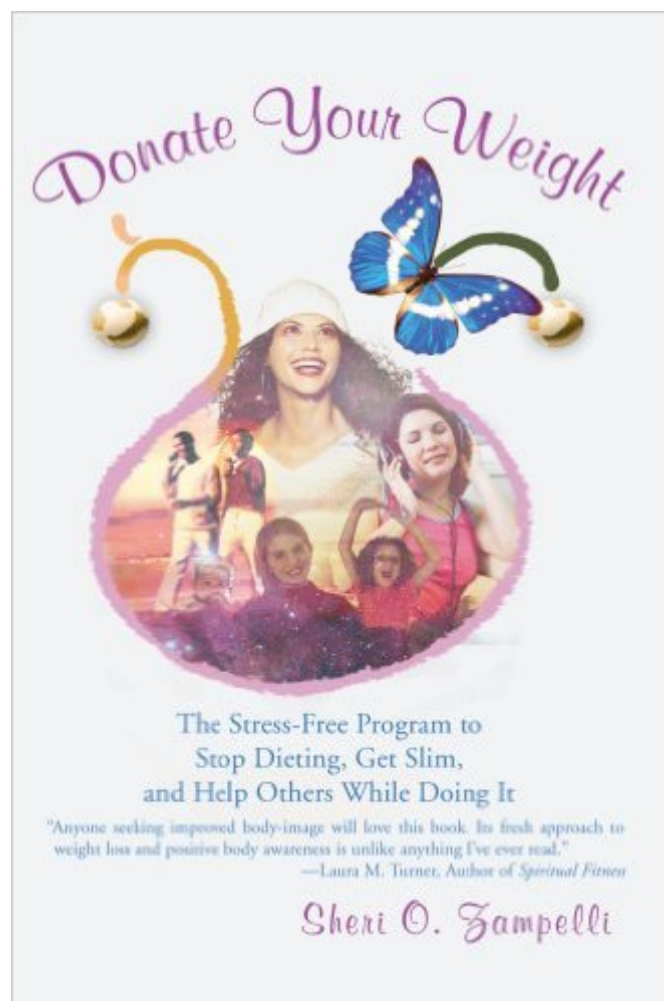


The book was found

Donate Your Weight: The Stress-Free Program To Stop Dieting, Get Slim, And Help Others While Doing It



Synopsis

Say good-bye to the pain and suffering of traditional dieting. With *Donate Your Weight*, you will healthfully arrive at your ideal weight with ease. There are no food plans and no crash diets. Instead, you focus on your attitudes about weight and self-talk as well as a healthy lifestyle. These changes allow you to eat anything in moderation, take good care of yourself, and feel great. *Donate Your Weight* is packed with the motivation to move from food obsession to food freedom. In a sensible, supportive way, Sheri O. Zampelli walks you through the challenges and obstacles to weight loss and shows how a change of attitude will set you on the right path. Zampelli outlines seven stress-free slimming strategies and shifts the focus away from weight loss to positive steps for creating a thinner, healthier you. Each time you use one of the slimming strategies, you celebrate your success by "donating" a small amount of money into a charity jar, which you'll eventually donate to a worthy cause. This radically successful approach to permanent weight loss will help you build healthy, lifelong habits, achieve your weight-reduction goals, and know all along that as you help yourself, you're also helping others.

Book Information

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Customer Reviews

Donate Your Weight: The Stress-Free Program to Stop Dieting, Get Slim, and Help Others While Doing It After years of frustration struggle, reading diet book after diet book that were later proven false, I got very discouraged and frustrated. Menopause, low thyroid, and some difficult life challenges made it impossible for me to lose weight, though I was eating healthy food and working out 5 or 6 times a week. Sheri's book really helped me shed my anxiety about food, conquer my

food rules, and get past my anger. It really made a difference for me. I highly recommend it to anyone who has forgotten how to trust your own body, and the wisdom inside. Her clever idea of donating your weight is a wonderful motivator.

Sheri understands that all addictions (including to food) are merely misguided attempts to achieve wholeness. Her book provides specific strategies to changing your mindset and bolstering your awareness that you are already whole and complete! Our enjoyment from eating comes not from the amount we can eat, but from consciously being aware of the taste in each bite. Donate Your Weight will help you lose weight, become healthier, and improve your life overall. The clarity you gain in becoming whole will help you avoid other addictions in your life also. Conscious eating leads to enjoyment! Christopher Westra

I really enjoyed talking with Sheri Zampelli about her book "Donate Your Weight" on Page [...] Sheri knows what she is talking about, and tells the reader in an easy to understand and put into action book and program. Her website is full of fantastic information ready to help anyone who is struggling with weight, as well as other issues. The book was easy to read, Sheri's style of writing is easy to follow. Plus, the content keeps you involved. You want to finish it and then start over, not to mention go check out all the free resources and other links she provides. Great job Sheri, thank you for writing such a great book.

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IIFYM: If it Fits Your Macros: The Ultimate Beginner's Guide (Flexible Dieting, Macro Based Dieting, For Weight Loss)
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