



The 7 Mindset Secrets of Weight Loss Success

Kimberly Taylor

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The 7 Mindset Secrets of Weight Loss Success Kimberly Taylor
Aren't you tired of losing weight - only to gain it back?

Do you know the #1 fear that keeps most people from losing weight? It is fear of failure! But weight loss success stories think differently. Kimberly Taylor was once 240 pounds and a size 22. But 10 years ago, she learned 7 powerful, Biblical-based principles that helped her defeat the fear of failure. She lost 85 pounds and kept it off.

Now, from this short but powerful book, you can learn these same secrets to change your mindset so that you can succeed with weight loss permanently too. You can do this even if you've tried and failed to lose weight many times before. Get ready to gain confidence that you will reach your goal. The only things standing in the way are some simple mindset shifts - which you can start making today!

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