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They tell you what to eat. "100 Days of Weight Loss" gives you the personal tools to make the right choices.

*100 Days of Weight Loss: The Secret to Being Successful on ...*  
Spangle tackles the emotional and psychological issues of weight

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loss, which is missing from most diet plans. They tell you what to eat. 100 Days of Weight Loss gives you the personal tools to make the right choices....more

*100 Days of Weight Loss: The Secret to Being Successful on ...*

In the context of an entire lifetime, 100 days is the blink of an eyelid. I believe I've created a flexible Challenge which is enjoyable and results in weight loss and improved health. Success on this diet means eating food which is tasty, is relatively straightforward to prepare and cook and which stimulates weight loss.

*100 Day Diet Challenge: An Introduction to My 100 Day Diet ...*

100 MORE Days of Weight Loss will comfort and motivate you. But it will also help you to learn how to cope with life without using food as a solution. And that's the secret to long-term success. This book works with any diet or maintenance plan to help you: Overcome lack of willpower forever. Get back a sense of hope and optimism.

*100 More Days of Weight Loss*

The free 100 Days Challenge, a motivational companion to 100 Days of Weight Loss, is designed to help you stay on your diet plan for at least three months.

*100 Days Challenge - Weight Loss Joy*

I want to lose weight during my 100 Day Diet Challenge. This may push me out of my comfort zone but at no point should the diet become extreme. If it is getting too hard or I feel ill, I must reassess my diet plan immediately. I will eat healthy, tasty food and cook every day.

*My 100 Day Diet Challenge: The Rules - The Writing Struggle*

I bought this book four years ago, printed out every page from the on-line version, and lost 18 pounds in 100 days. During a difficult time, I gained back about ten pounds but still felt better and never let myself gain it all back. Over the last year I haven't pushed and didn't consider myself dieting, but I was conscious of wanting to lose more.

*100 Days of Weight Loss: The Secret to Being Successful on ...*

Using a Tracker for 100 Days Straight Helped Me Lose 50 Pounds. ... I realized this was getting out of hand and tried to lose weight by controlling my portions.

*Using a Tracker for 100 Days Straight Helped Me Lose 50 ...*

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*100 Days of Weight Loss: The Secret to Being Successful on ...*

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Small bite-sized daily motivation lessons from Linda Spangle to help you succeed with any weight loss plan and help overcome emotional eating.

*100 days of Weight Loss by Linda Spangle SparkTeam ...*

Losing 28 kilos in 100 days was obviously not easy. Initially, it was incredibly difficult to stay focused and stay motivated. However, when you see the numbers on the weighing scale go down with every passing day, you feel relieved. So, I continued my quest to lose weight.

*Lockdown weight loss story: "I lost 28 kilos in 100 days ...*

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*100 Days of Weight Loss: The Secret to Being Successful on ...*

It's important to note that losing 100 pounds will likely take at least 6 months to a year or longer. Most experts recommend a slow but steady rate of weight loss – such as 1–2 pounds (0.5–1 kg) of...

*How to Lose 100 Pounds: 10 Tips to Do It Safely*

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