



# **The Never Say Diet Personal Fitness Trainer: Sixteen Weeks to Achieve Your Goal of a Healthy Lifestyle**

*Chantel Hobbs*

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# The Never Say Diet Personal Fitness Trainer: Sixteen Weeks to Achieve Your Goal of a Healthy Lifestyle

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## **The Never Say Diet Personal Fitness Trainer: Sixteen Weeks to Achieve Your Goal of a Healthy Lifestyle** Chantel Hobbs

If you want to lose weight for good, learn a secret from Chantel Hobbs: to change your life you first have to change the way you think.

After years of failed diets, Chantel discovered the power of the “brain change.” She made five nonnegotiable decisions, developed a balanced plan for exercise and nutrition, and lost 200 pounds. Now, through writing, speaking, and her work as a personal trainer, she inspires others to achieve far more than they thought possible.

With *Never Say Diet*, you can:

- Ditch your self-defeating habits and start dreaming big again
- Develop a driving passion for personal fitness
- Look at food as fuel and not as your best friend
- Learn how God wants to help you win!

Put an end to the diet drama. Whether you want to lose fifteen pounds, fifty, or one hundred fifty, Chantel will show you how to make your commitments stick—producing results that last!

It’s not easy, but it really is as simple as it sounds. First you lose your excuses, then you lose weight for good. You’ll never say “diet” again.

*From the Trade Paperback edition.*

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People live in this new moment of lifestyle always aim to and must have the extra time or they will get large amount of stress from both day to day life and work. So , once we ask do people have spare time, we will say absolutely sure. People is human not really a huge robot. Then we request again, what kind of activity are there when the spare time coming to a person of course your answer will probably unlimited right. Then do you try this one, reading textbooks. It can be your alternative inside spending your spare time, the actual book you have read is The Never Say Diet Personal Fitness Trainer: Sixteen Weeks to Achieve Your Goal of a Healthy Lifestyle.

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