



Lose It for Life Workbook

Stephen Arterburn

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Everywhere you turn, you hear hype on the latest weight-loss craze--low carb vs. low fat, cardio vs. weight training, diet pills vs. surgery. Most of those programs will help you drop a few pounds, but for how long? And for what purpose? Just to look better?

Yet you are more than a physical being. You want a holistic approach to health that doesn't stop at "physical" fitness. *Lose It For Life* is your answer--a uniquely balanced program that deals with the physical, emotional, and especially the spiritual elements that lead to permanent weight loss.

Lose It For Life was developed by best-selling author and radio personality, Stephen Arterburn, who lost 60 pounds 20 years ago and has kept it off. In his revolutionary book, he and Dr. Linda Mintle, who is known for her clinical work with those dealing with weight issues, gave you the game plan for accomplishing what you desire most: permanent results. This workbook picks up where the book left off, offering a wide variety of exercises and activities to lead you to the next level in understanding why you do what you do, how you can shed bad habits for good, and how, with the help of God and others, you can develop a whole new approach to life, to eating, and to living healthy and free!

Lose It For Life is truly the total solution for permanent weight loss. And the *Lose It For Life Workbook* is the perfect companion to help you maintain your results permanently! It contains even more of the information and motivation you need to live healthy, look good, and to finally . . . *Lose It For Life!*

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