



**Weight Loss Hacks: 10 SIMPLE and Powerful Hacks That Will Keep YOU Motivated To Lose Weight (Weight Loss Motivation, Weight Loss For Women, Weight Loss Diets, Weight Loss Motivation, Lose Weight)**

*Jennifer Cox*

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Do you feel no matter how hard you try to pump yourself up, you can **never get motivated** to lose weight? I have been in exactly the same position, depressed, overweight and on the brink of *ending it all*.

Many people won't stick to their goals because they simply don't understand their motivations, they don't understand how their mind is their *biggest obstacle*.

In this book, I will teach you my process for rewiring your brain, hacking your habits and CRUSHING your cravings to create an unstoppable surge in motivation which will carry you through your weight loss goals and BEYOND, with ease.

Let Jennifer, walk you through her transformation and how she rewired her mind to lose over **200 LBS**

You're about to discover...

How to use cravings to your advantage

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