

# **My Diet Coach Weight Loss**

**Gregory Groves**

*The Little Book of Diet Help* Kimberly Willis, 2011-12-06 Little Book. Big Help. Think you know how to lose weight, but can't seem to shed those extra pounds? The truth is, most diets don't work—or, at least, they don't last. When we diet, we're so consumed by what we can't eat that we don't focus on how we eat, and how eating makes us feel. That's where *The Little Book of Diet Help* comes in. With this book you'll learn: • • • How to recognize your bad eating habits and how to create new, improved ones • • • Why certain foods affect your body and your mood • • • The power of EFT and how easy techniques like tapping and hypnosis can combat cravings and boost your energy • • • How to distinguish between physical and emotional hunger • • • Why finding ways to manage stress will naturally help you eat better—and stay slimmer! You'll see that small adjustments to your daily routine can add up to big changes in how you look and feel. You don't need complicated meal plans, you don't need to spend hours in the gym, and you definitely don't need to be miserable. You just need a little help!

*Coach Kevin's Weight Loss Workbook* Coach Kevin Trumpfeller, 2015-12-27 *Coach Kevin's Weight Loss Workbook A 30-Day Action Plan and Activity Guide For Safe and Permanent Weight Loss!* Originally intended as a workbook to accompany *Coach Kevin's Weight Loss Workshops*, this educational and motivational guide is now available as a stand-alone resource for anyone who needs help reaching their weight loss goals. *Coach Kevin's Weight Loss Workbook* contains over 200 pages of educational course material, worksheets, weight loss activities and blank food diary and food and activity journal pages...enough for thirty days! *The Weight Loss Workbook* will help you Identify and write your weight loss goals. Explain and understand the reasons WHY you want to lose weight. Explain the need to POST copies of your written weight loss goals. How to Record your starting weight and beginning measurements. Help you list the foods and drinks

that you normally eat. Evaluate that list of foods and drinks. Identify healthier foods that you SHOULD eat. Develop a list of fruits to add to your diet. Take photos of your before cabinets and fridge. Evaluate the GARBAGE foods in your kitchen. Swear an Oath to get rid of that garbage. Calculate the amount of water you SHOULD drink. Make a practice run to the store with your new list. Identify ways to move more and exercise. Identify how to handle stress without eating. Identify your Weight Loss support system. And so much more....Order your copy today and start losing weight by making positive changes in your diet, health and happiness!

**Your Diet Coach** Barbara DeBetz,1989

**Coach Yourself Slim** Mark Besser,2020-09-23 If you are carrying around excess weight, it can become not only an unhealthy addition to your life, but a mental obsession in your desire to lose it. You may try diet after diet, exercise routine after exercise routine and even fall into the trap of every new fad that comes along. Yet if you have not fully prepared yourself mentally to reach that goal and honestly accepted the highs and lows that will come with reaching it, then you have set yourself up to fail. This book is not another fad, a diet or even a regime. No, this book is the encouragement and the honesty missing in most modern programs - the way to define a goal, and then finally reach it. Here you will find the path to perseverance and success with your own personal coach. Why do you want to lose weight? What is holding you back from losing weight? What will change when you do reach your goal weight? These are questions you must ask before you embark on any weight loss journey, and this guide will show you why. You can successfully lose the weight by becoming your own coach today, and reach your goal, step by step.

*Diet Coach* Kimberly Willis,2013-01-01 This is an inspirational diet book with a difference. It is a non-diet book - with no restrictions, point-counting, calorie-watching or danger foods. Instead, DIET COACH is a pocket-sized guide full of tried and

tested practical tips and tricks that restrictive diet plans cannot compete with. Author Kimberly Willis focuses on you, rather than the food, to help you beat cravings and take control of your eating habits. She uses a combination of yoga, hypnotherapy, NLP, acupuncture and common-sense to identify ways in which you can really change your eating habits. Whether it is remembering key slogans (a glass of wine is the same as a glass of pasta), trying new distraction techniques (rubbing your finger between your nose and your top lip when cravings hit) or taking the time to really chew and taste each mouthful you eat, you will find strategies and coping methods that really work for you. This title has previously been published as *The Little Book of Diet Help*.

**6 Tips to Help You Lose Weight Now** Gregory Groves, Virtually everything you have been led to believe in regards to losing weight is WRONG! The problem with pretty much every so-called weight loss program and weight loss book out there is that all the information is just recycled information. Information that helps you minimally and only helps you externally, not internally. This sets you up for future failures. So many people struggle daily with identifying with what is healthy, and what is not; what you should eat and what you should avoid. In this article, I share with you 6 tips to help you lose weight now. If you want to achieve sustainable weight loss while dealing with your FOOD ADDICTION, BINGE EATING AND EMOTIONAL EATING ISSUES, then drop the cookie-cutter, magic pill solutions now. All they will do is empty your wallet. Healthy living starts from the inside, NOT the outside. Take that first step now, and start dealing with your weight loss struggles in a positive, sustainable way! Learning to live a happy life doesn't come with the new fad diet that makes the false promise of "helping you to lose fat fast" and you will not find those promises in this article. Living a happy life; a TRULY happy life comes from developing healthy habits! The coaching exercises in this book will help you accomplish this. HIT THE "BUY NOW" BUTTON, AND START TAKING CONTROL. As I am fond of saying:

Transform Your Habits, Transform Your Mind, and Transform Your Life! Always remember: Action = success and change begins with you!

*Coach Yourself Thin* Greg Hottinger, Michael

Scholtz, 2011-12-20 Today dieters are more frustrated than ever before: Neither restrictive dieting nor a moderate middle-of-the-road approach has curtailed the obesity epidemic. As professional weight loss coaches, Greg Hottinger and Michael Scholtz have developed a new weight loss paradigm that has produced impressive results for the Biggest Loser Club online members. Hottinger and Scholtz's unique strategy helps readers identify the obstacles that are sabotaging their weight loss and gives them Five Stepping-Stones to Change: a series of physical, emotional, and social guidelines to help them break through their barriers. *Coach Yourself Thin* will help you lose weight by: - giving you a sustainable, nutritionally balanced eating plan - laying out the basics of fitness and helping you create personalized workout strategies that fit your lifestyle - providing tools, techniques, and hands-on exercises for changing your habits Packed with success stories and solid instruction and inspiration, *Coach Yourself Thin* is a guide to becoming self-aware, breaking the frustrating dieting cycle, and designing a personal plan for lasting weight loss success.

**Lose It Big** Teresa Green, 2013-03 Does losing weight seem like it's always a battle? The good news is that all change starts from the neck up! It's not about how far you have to go but how determined you are to get there! Once you make up your mind to obtain good health and a healthy weight, you will be an unstoppable force. The trick to success is to realize that you don't make that decision only one time—you must make it every morning for the rest of your life! If you want to change your life and your weight, Teresa Green wants to help! She'll teach you why you need to make a change but also how to make the changes needed. You can use this book on its own or with a myriad of other

plans on the market today, but picking up this book is a great first step to changing your life. Full of useful tips and structured weekly plans, this book will surely bring you success in your weight-loss endeavor. You'll feel excited and confident as you tackle each week's goals and watch the number on the scale drop. This step-by-step, eight-week guide to better nutrition, losing weight, and building good habits will give you knowledge and motivation for changing your life. Whether you want to lose weight, train for a particular sporting event, or anything in between, you'll love learning to Lose It Big.

*Weight Loss Success* Joan Marie Verba, 2011-12 A note from the author: Like you, I have lost weight and gained it back. I have started exercise programs and not stuck to them. But, in 1979, I lost weight and have kept it off since then. If you also have tried to lead a healthy lifestyle and found your efforts didn't work in the past, I have good news: I have found that the secret to maintaining a healthy lifestyle is having fun. Success comes through having fun. Isn't that great? The motto that inspires me is: Do one thing every day that makes you happy. Why? Because when you participate in activities that are fun for you, you'll stick with them. When you find nutritional, healthy foods that you enjoy, you'll eat them. When you are spending your time on fun activities, you won't have the time to be stressed (and you'll avoid emotional eating)! Read this book to find out more.... Contents: The Importance of Having Fun Losing Weight My Story Why the Diet Didn't Work Before Losing Weight Is Hard Lifestyle Changes What Do I Eat? What About Exercise? Games the Food-Addicted Play Motivation Joan's Credentials and Experience: Weight Loss Coach Joan Marie Verba was once obese herself. She reached her weight goals in 1979 and kept the weight off ever since. She has had nine years' experience advising clients how to lose weight as part of a nationally advertised weight loss program, and has additional training as a health coach. Disclaimer: The contents of this book or web page may not be construed as a medical

diagnosis, treatment, advice, claim, or substitute for a physician's care. Consult a physician or other health care provider before starting a weight loss or exercise program. Joan's results are not typical, and she cannot guarantee you will have the same results. Your results are up to you!

### **Be Your Own Weight Loss Coach - Second Edition**

Gregory Groves, 2023-11-27 Are you tired of reading the same old weight loss mantras, both on the internet and in the range of fitness books and magazine articles available? 'Be Your Own Weight Loss Coach - 5 Steps on Setting SMART Goals' – SECOND EDITION combines proven SMART (Specific, Measurable, Attainable, Realistic, Time-Related) strategy for objective setting with an entirely fresh mental outlook. It's a winning combination that could only come with the unmatched scope of expertise provided by author Gregory Groves, a leading Extreme Weight Loss Transformation Expert. Using his own weight loss achievements WHERE HE LOST 101.5-LBS as proof that the system works, the author shows you that while the success of weight loss is often judged by external appearance, it is internally that some of the toughest battles need to be won. It is this innovative 'inside-out' approach that makes 'Be Your Own Weight Loss Coach - 5 Steps on Setting SMART Goals' one of the most exciting arrivals in the weight loss genre. That's because the book tackles head on the issue of failure - a barrier that ultimately prevents the success of weight loss programs for many. By giving readers the right information, motivation and tools to succeed, 'Be Your Own Weight Loss Coach - 5 Steps on Setting SMART Goals' leaves no stone unturned in both the physical and mental aspects of cutting weight and leading a healthier lifestyle. From the outset, Gregory guides you to develop an awareness of the stressors that can often perturb weight loss participants, as well as defining expectations in order that the path ahead is clear. Methodology used in the winning formula includes accountability and choosing the right goals, as well as a section on time management that acts as a

myth buster in relation to previous theories you may have heard. There is plenty to take away, including Gregory's favourite recipes with macronutrient and caloric breakdowns. You will also find a 'Calories per Day Calculator' that will help you stay on the right path as the program progresses. As the author himself says: This is not just another typical exercise book based on yet another new exercise program that promises more of the same. This book helps to motivate you from the inside, by dealing with the internal issues that most other books and programs do not.

**Coach Yourself Slim** Mark Besser,2016-01-22 If you are carrying around excess weight, it can become not only an unhealthy addition to your life, but a mental obsession in your desire to lose it. You may try diet after diet, exercise routine after exercise routine and even fall into the trap of every new fad that comes along. Yet if you have not fully prepared yourself mentally to reach that goal and honestly accepted the highs and lows that will come with reaching it, then you have set yourself up to fail. This book is not another fad, a diet or even a regime. No, this book is the encouragement and the honesty missing in most modern programs - the way to define a goal, and then finally reach it. Here you will find the path to perseverance and success with your own personal coach. Why do you want to lose weight? What is holding you back from losing weight? What will change when you do reach your goal weight? These are questions you must ask before you embark on any weight loss journey, and this guide will show you why. You can successfully lose the weight by becoming your own coach today, and reach your goal, step by step.

*Self Discipline to Diet* Steven Hopkins,2019-03-02 Do you want to be the best version of yourself? Do you want to have more self-discipline? Do you want to show everyone who ever doubted you that they were wrong? Where other dieting books fail, this one will not only give you the confidence to begin your dieting journey, but also teach you tips and tricks to develop the self-disciplined mindset necessary for successful weight loss. Use my unique

experience, simple tips and easy to understand advice, and you'll conquer your goals together with me as your diet coach. This book will teach you: - The importance of losing weight for the important reasons. - How you can avoid temptations and remove them from your life, permanently. - What and how to eat in order meet your weight loss goals.- How to maintain your motivation when you want to give up. - Tips and tricks for strengthening your willpower, and overcome the things that usually end your diet. - How to end your cravings with clever suggestions and tricks. - How to keep going when you hit the weight loss plateau. - How to develop the mindset to stick to your diet. You don't have to just dream. Scroll up and one click the book now, and make your dreams your reality! ★★Buy the Paperback version and get the ebook for free!★★

*Choices Coach* Sara Moser,2015-03-01 Have you found it difficult to adhere to a diet? Are you tired of counting calories or tracking points? This is an easy meal planning guide to help you make better choices whether you are dining out or eating at home. *Choices Coach* takes the guesswork out of planning low-calorie meals. There are no complicated rules. All you have to do is choose meals from the menu provided. The calorie counting has already been done for you.

**Why Can't I Stick to My Diet?** Erin Boardman

Wathen,2018-09-04 Learn a smarter way to resist temptation with this wise, witty guide to healthier eating habits! Falling off of our diets happens to the best of us—but it doesn't have to happen to you again. It isn't a moral issue or a matter of willpower. It's based on science, and there is a solution. In this book, you'll learn: Why diets are so hard to stick to What is preventing us from sticking to our diets Why not being on a diet is the most effective way to maintain weight loss How to figure out a specialized food plan for the rest of your life How to ditch the diet mentality for good As a holistic health coach, food addiction counselor, Spin teacher, and wellness blogger, Erin Boardman Wathen has both the professional

and personal experience to guide you to a better way, in a book that combines self-deprecating wit and the tough love of a good girlfriend. She will finally explain why those donuts are calling your name at the morning staff meeting—and why you need to tell them “Not today, little balls of Satan!”

### **FROM FAT TO THIN, THE RIGHT WAY** Gregory

Groves,2023-11-20 Are you fed up with the false promises from weight loss programs that do nothing but empty your wallet and give you false hope? Are you at the point that you are either going to find something that actually works or you're going to give up? BEFORE YOU GIVE UP ALL HOPE, READ ON... I know first-hand how frustrating it can be trying to learn how to lose weight and keep it off - I went through the struggles myself during my weight loss journey where I lost 101.5-lbs. But here's the thing: you are NOT doomed! Regardless of where you are in your own journey, you can lose the fat, and keep it off! So don't be held back by fear or self-doubt ever again. Here's the thing: You have been lied to by too many fake gurus. But by learning the right way to sustainable weight loss, you can take control of your life, and live your life on YOUR TERMS. It's time for you to take control, and change this. So, if you're ready to:

- Set a plan of ACTION that is actually sustainable for you,
- Learn how to lose weight naturally,
- Separate fact from fiction, and learn what actually works,
- Drop those damn magic pills, cookie-cutter “solutions”, and learn how to lose fat the right way, then this is the right book for you. By reading From Fat to Thin, you will learn:
- The science on why fat in certain areas is so stubborn,
- Why you are not losing fat,
- The dangers of visceral fat, and how to deal with it,
- The right steps on how to lose fat,
- A weight loss routine that actually works,
- How to keep the weight off after you have lost it,
- Some of the most dangerous and damaging myths that do more harm than good,

AND A LOT MORE! Put an end to the self-doubt that has kept you from finally losing weight for good, and take control of your life now! Remember: Action = success and change begins with you!

*Target 100* Liz Josefsberg, 2017-12-19 When I was losing weight, Liz was more than my coach; she was my rock, and I couldn't have done it without her. She just got it, because she'd been through it herself (and helped about a million other people through it, too). *Target 100* is Liz in book form—smart, supportive, and full of practical, simple solutions. Liz changed my life and my whole concept of dieting—and now can change, yours too.

—Jessica Simpson When did weight loss get so complicated?

Today, it feels like there are a million different apps, tools, workouts, and eating plans designed to help you lose weight. Some promise success via drastic, unlivable restrictions, others are so complex they turn losing weight into a second job. In *Target 100*, celebrity weight-loss coach Liz Josefsberg shows you don't have to be a slave to your weight-loss program. You don't have to count every gram of every nutrient and every calorie you eat at every meal. Believe it or not, weight loss can be simple. It can even be . . . fun. A 15-year veteran of the weight-loss industry and who lost—and kept off—65 pounds herself, Liz has accrued a high-profile clientele. She helped Oscar-winner Jennifer Hudson lose weight and transform her life and coached Jessica Simpson to shed over 50 pounds of baby weight (twice!). But along with the likes of Charles Barkley and Katie Couric, Josefsberg has also coached thousands of others, everyone from stay-at-home moms to office jockeys. Along the way, she's learned what works—and what doesn't—when it comes to lasting weight loss, and she's ready to share her secrets with the rest of us. *Target 100* streamlines the weight-loss process into six easy-to-follow guidelines and shows you how to adjust them to fit your lifestyle, personalizing the program so that it works for you. Josefsberg offers tips, worksheets, and powerful insights to help you fine-tune a range of weight-related behaviors, from battling stress to getting more sleep, setting the stage for permanent, long-term weight loss. Instead of counting calories, you'll learn how simple changes come together to jumpstart your health and wellbeing, such as: •

Drinking 100 ounces of water a day • Exercising for 100 minutes a week • Adding 100 minutes of Sleep a week • De-Stressing for 100 minutes a week • And more! Warm and no-nonsense, encouraging and informative, Target 100 is a holistic and revolutionary wellness book with a simple message: You don't need to be perfect to lose weight, or transform yourself into someone you're not. You can lose weight for good, with the world's simplest weight loss program.

No Time to Lose Debbie Lazinsky, 2017-08-01 A certified personal trainer whose amazing weight loss was featured in People magazine shares her secrets! Debbie Lazinsky once weighed over three hundred pounds. Then she transformed her body and her health so successfully that she was profiled in People. Now, Debbie is a certified health coach and trainer who dedicates herself to helping others overcome their own obstacles—safely and sensibly. No one wants to be on a diet—and it's just as well, because diets don't work. Learning the essentials is the key to successful, natural weight loss, and Debbie teaches anyone struggling how to achieve and maintain a healthy weight without ever dieting again. How did she lose 185 pounds and keep it off? In this book, she tells her story—and explains how foods that are currently being eaten are contributing to excess weight and how to settle into a pattern of steady weight loss. If you're sick and tired of all the false promises and gimmicks, *No Time to Lose* can help with a proven system that's simple and efficient and can be tailored for each individual. Discover the truth about what's been getting in many people's way of having a body they enjoy and being at a weight that works for them!

*The Beck Diet Solution Weight Loss Workbook* Judith S. Beck, 2015-04-21 The Beck Diet Solution Weight Loss Workbook has descriptive copy which is not yet available from the Publisher.

The Weight Loss Coach Benjamin P. Bonetti, 2015-02-08 Nutritional & Life Coach Expert Benjamin Bonetti questions fad diets while exploring the reasons why people gain weight and

constantly fail at dieting. Benjamin's renowned for his hard-hitting and direct approach to therapy and holistic health. Live better, never having to diet again...In this, Benjamin breaks down the main reasons why people gain weight, and offers practical and manageable solutions to get you started on your path to ultimate wellness. Benjamin guides you through basic principles on what to do on a daily basis, how to prepare healthy food choices, the theory behind nutrition and how to understand the differences between good and bad. Benjamin also offers a number of healthy breakfast, lunch and dinner choices, including an easy to follow home exercise program. There's something for everyone and with Benjamin guiding you on the path to better health, losing weight and feeling great has never been easier. "It is amazing how a few simple changes in my language had such a powerful effect on my food choices. TRULY AMAZING." Marcel Genal "I've lost 15lb without having to think about a diet or weight loss, Benjamin's simple to follow and practical recommendations have CHANGED MY LIFE." Jessica Cameroon

**The One-Day Way** Chantel Hobbs, 2009-10-06 Lose All the Weight You Want, One Meal, One Pound, One Day At a Time! I've got great news for you: You are about to feel better and look better beginning today! Today is truly a new opportunity for you to reach your weight loss goals. No, you won't fit into your skinny jeans today, but I'm going to show you how each day will get you closer to that goal. Yesterday's mistakes are gone so let them go. You can't control tomorrow, so stop worrying about it. Today is your opportunity to lose weight, get strong, and look great. It won't happen overnight, but you can build a new life by changing your actions immediately and I'm here to show you how to make the changes that will create the new lifestyle you dream of: body, mind, and spirit. Best of all, you will start celebrating right away! Come on, my friend. Let's get started! By opening this book, I'll show you how to unlock every tool you need to lose weight and get fit —and stay that way for the rest of your life. Success can be

yours, what are you waiting for? -Chantel

Ignite the flame of optimism with Crafted by is motivational masterpiece, **My Diet Coach Weight Loss** . In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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### **My Diet Coach Weight Loss Introduction**

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### **FAQs About My Diet Coach Weight Loss Books**

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