

Target Weight

On Target Publishing

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.

The Jerusalem Diet Ted Haggard,2010-06-09 The Jerusalem Diet is a remarkably simple and flexible plan that will transform your perspective on food, diets, and health. You'll rediscover how to relax and enjoy life, moving steadily toward your ideal weight while still taking pleasure in the foods you love. SIMPLE: No expensive foods, supplements, or exercise equipment required. All you need is a good digital scale, a calendar, some basic food items available at any grocery store, and a willingness to “lighten up”—physically, spiritually, and emotionally. GUILT-FREE: This easy-to-follow plan frees you to stop counting calories, agonizing over menu choices, and pursuing extreme exercise programs. Instead, you'll learn how to lose weight while still eating the foods you love and enjoying life to the fullest. LIFE-CHANGING: The Jerusalem Diet reenergizes not only your body but also your outlook on life. As you move toward your ideal weight—one day at a time, one pound at a time—you will feel better, look better, and live better. Developed by a busy pastor who loves food and admits to a lack of self-control when it comes to eating, The Jerusalem Diet is designed to work for anyone who can manage to stay on a diet for just 24 hours. If you want to shed pounds and keep them off—without starvation, deprivation, or frustration—this is the plan you've been waiting for.

Power-Full Weight Loss M.Grace,2012-04-28 Power-Full Weight Loss is a tool to successful, permanent weight loss. It allows readers to understand the science behind food and to approach a healthy lifestyle in a way that is right for them. Readers are encouraged to explore reasons why they overeat and to challenge any destructive thought patterns. Alternative weight-loss methods such as visualization and saying affirmations are recommended alongside a healthy diet and exercise routine. Grace reflects on personal experiences and her own struggles with excess weight. Readers can feel reassured by the fact that Power-Full Weight Loss has been written by someone who really understands how being overweight feels and how difficult it can be to embark on a weight loss journey. Power-Full Weight Loss does not recommend any particular diet. Instead, it describes different approaches and allows individuals to make informed decisions and regain control of their health.

The Easy Way for Women to Lose Weight Allen Carr,2016-11-15 READ THE EASY WAY FOR WOMEN TO LOSE WEIGHT AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE. Are you unhappy with the weight you are? In The Easy Way for Women to Lose Weight, Allen Carr addresses the difficulties that women face in trying to lose weight. Diets don't work and just lead to a feeling of deprivation, which can cause food disorders like binge-eating. By explaining why you feel the need to eat junk food and, with simple step-by-step instructions to set you free from this addiction, Carr shows you how to eat for a healthier, happier life. What people say about Allen Carr's Easyway method: The Allen Carr program was nothing short of a miracle. Anjelica Huston It was such a revelation that instantly I was freed from my addiction. Sir Anthony Hopkins His skill is in removing the psychological dependence. The Sunday Times

My Weight Loss Journal for Women On Target Publishing,2019-12-21 My Weight Loss Journal For Women When losing weight - there are EASY ways and Hard ways... Having a Weight Loss Journal with plenty of room to: plan your meals, plan and track your workouts, and track your habit changes, is the easy way! You will soon discover that having a Weight Loss Journal is ESSENTIAL for instilling good eating and exercise habits to achieve your weight loss goals! Here is what you are getting: □ This 8.5 x 11 My Weight Loss Journal For Women book is perfect for listing the weight loss eating and exercise habits you want to change PLUS the ones you want to keep and improve upon! □ You get 12 Monthly Habit Tracker Charts to help monitor your progress! Before you know it, doing The Right Things will become automatic. □ You get 52 Weekly Meal Planning Charts. One of the biggest killers of any weight loss program is not knowing what to eat in advance. Those fast food runs will kill you. AND at dinner time, standing in front of the refridgerator trying to decide what to eat, will destroy even the best of intentions. Now, you will know exactly what to eat (and when). □ You get 52 Weekly Workout Charts to track your exercise regime. (Remember, diet and exercise are the ONLY ways to lose weight and keep it off), start off easy with a simple walk then as you get in better shape add to your workouts! Soon, you will look forward to your daily workouts! □ The glossy cover is made to industry standards and designed to last. □ LARGE 8.5 x 11 size - plenty of room for listing and tracking! Seeing how you've progressed each week will become a powerful motivator! □ This Weight Loss Journal makes a great gift for anyone wanting to shed a few pounds. Scroll up and grab YOUR copy of the My Weight Loss Journal For Women RIGHT NOW!

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Weight Lost Katy Cabbage,Ryan Sherman,Ryan Sherman Dbh,2020-12-23 Are you ready to start living your life to its fullest by losing the weight you've always dreamt of and keeping it off for good? Weight Lost can help you do just that. Throughout his health coaching career, Dr. Ryan Sherman has helped hundreds of patients and clients reach and maintain their ideal weight, many of whom have lost more than 100 lbs. Dr.

Sherman enabled his client's success by providing them with the tools and structures necessary to create plans that lead to significant and sustainable weight loss. As shown in a study published in the American Journal of Lifestyle Medicine, Dr. Sherman's methods help patients lose, on average, 150% more weight than patients who receive weight loss advice from their physician. After helping hundreds of patients and publishing several research articles, Dr. Sherman decided to team up with one of his most accomplished clients Katy Cabbage, to give people access to these revolutionary weight loss techniques. Katy has used the methods she learned from Dr. Sherman to lose over 140 lbs, and this process has fundamentally transformed her approach to life from living in fear to living a life without boundaries. In *Weight Lost: 5 Steps to Achieving Your Ideal Weight and Gaining the Life You Always Wanted*, you will learn how to achieve and sustain your ideal weight by following a 5 step process. These steps include 1. Conducting a self-assessment 2. Identifying your personal values 3. Creating your ideal wellness vision 4. Conducting a gap analysis 5. Creating and launching your weight loss plan You will also be provided with the most up-to-date research-based techniques that have been proven to promote weight loss. This information will allow you to focus on what behavior changes will drive weight loss results and will let you leave all of the other noise and misinformation behind. In tandem with learning the Weight Lost approach, as outlined by Dr. Sherman, you will also have the opportunity to follow Katy's weight loss journey. Katy will reveal how she put the Weight Lost strategies to use to transform her life, share her struggles, and her tips for overcoming challenges. After reading this book, you'll walk away with: -An understanding of your current habits and what changes you can make to achieve significant and sustainable weight loss -A clear understanding of what behavior changes actually drive weight loss and what ones you can ignore -A weight loss plan that works and fits into your life -The ability to adapt your weight loss/maintenance plan to your life situation as it changes -The confidence to launch a weight loss plan that will allow you to achieve your ideal weight and transform your life Not only will this book help you to achieve and sustain your weight loss goals, but it will help you unlock parts of your life that you previously believed to be off-limits. The Weight Lost philosophy is grounded in the belief that losing weight isn't about the number on the scale but rather about how achieving your ideal weight can open doors to a more fulfilling and exciting life. Whether a more meaningful life to you means being able to share time with your loved ones in new ways, feeling confident when you walk into a room or wearing a swimsuit in public, or getting to say yes to new experiences, the Weight Lost approach can help to achieve your goals. If you're ready to reach the weight and achieve the lifestyle you have always dreamt about by creating your own personalized weight loss plan, then the Weight Lost approach is a perfect fit for you. The Weight Lost team looks forward to supporting your journey and to help you create your own Weight Lost success story.

My Weight Loss Journal for Men On Target Publishing, 2019-12-21 My Weight Loss Journal For Men When losing weight - there are EASY ways and Hard ways... Having a Weight Loss Journal with plenty of room to: plan your meals, plan and track your workouts, and track your habit changes, is the easy way! You will soon discover that having a Weight Loss Journal is ESSENTIAL for instilling good eating and exercise habits to achieve your weight loss goals! Here is what you are getting: □ This 8.5 x 11 My Weight Loss Journal For Men book is perfect for listing the weight loss eating and exercise habits you want to change PLUS the ones you want to keep and improve upon! □ You get 12 Monthly Habit Tracker Charts to help monitor your progress! Before you know it, doing The Right Things will become automatic. □ You get 52 Weekly Meal Planning Charts. One of the biggest killers of any weight loss program is not knowing what to eat in advance. Those fast food runs will kill you. AND at dinner time, standing in front of the refrigerator trying to decide what to eat, will destroy even the best of intentions. Now, you will know exactly what to eat (and when). □ You get 52 Weekly Workout Charts to track your exercise regime. (Remember, diet and exercise are the ONLY ways to lose weight and keep it off), start off easy with a simple walk then as you get in better shape add to your workouts! Soon, you will look forward to your daily workouts! □ The glossy cover is made to industry standards and designed to last. □ LARGE 8.5 x 11 size - plenty of room for listing and tracking! Seeing how you've progressed each week will become a powerful motivator! □ This Weight Loss Journal makes a great gift for anyone wanting to shed a few pounds. Scroll up and grab YOUR copy of the My Weight Loss Journal For Men RIGHT NOW!

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Shopping for Calories Lifestyle Weight Loss Method Todd D. Gifford, 2013-11-24 Shopping For Calories Lifestyle Weight Loss Method: The Easiest, Most Effective, Sustainable, and Enjoyable Way to Systematically Lose Weight and Achieve/Maintain Your Target Size Regardless of Who You Are. Whether someone is already in pretty fit condition or whether someone is out of shape or overweight, the process of creating a sustainable lifestyle to achieve a desired target weight is the same. This book is about a process or system which becomes a lifestyle to lose weight and achieve (or overachieve) and maintain your target weight or size objectives, but it is not a gimmick method or fad or trick or short term fix. There is nothing to be sold or promoted here. Todd Gifford, the author, discovered this simple, but highly effective, system based on his own experience with sustained success, while also comparing it to other people he personally knows who have also achieved long term success with losing weight and sustaining their target weight/size for long periods of time - and not being miserable doing it. In fact, quite the opposite of misery, enjoyment during the process has been a core component to success. Following and implementing this system can be invigorating, inspiring, and very enjoyable - long term, sustained. The key goal to this Shopping for Calories Lifestyle Weight Loss Method is long term success and sustainability and happiness. The method and process contained in this book will work consistently long term because everything is based on fundamentally proven laws and principles. No gimmicks, no 'can't eat xxxxx'. Straight forward, logical, and enjoyable.

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The Hunger Diaries, or Andrew Mackay,2019-07-19 Weight! He lost 17 lbs of it in fifteen days? Yes, he did -- and you can, too. Amazon best-selling author (and overweight yo-yo dieter) Andrew Mackay existed on fast food, processed meals, and gallons of soda. In between snacks, he made the mistake of checking his Body Mass Index... The Result? OBESE! Something inside this math-hating, science-shunning, exercise-averse author snapped – and it wasn’t his stomach sleeve (because he didn’t need one – yet!) Devastated by the news, Mackay cooked up a plan to lose weight. To help, he kept a diary. Halfway through the adventure he stumbled across the only way to shed the pounds, and unearthed dozens of benefits for everyone to use: • The correct way to lose weight – and why it works. • The wrong way to lose weight – and why it never works. • How to start, what to do, and the pros/cons to watch out for. • Simplified explanations for the math and science even a two-year-old can understand. • Mackay’s astonishing FOOL YOURSELF method to smash all obstacles in your path to success. No one said it was going to be easy. But... no one said it couldn’t be an insightful, snarky and hilarious document of one man's weight loss triumph - or: a non-fiction Bridget Jones's Diary meets all those Lose Weight Real Quick books you dumped in the trash because they didn't work. Get your copy of this indispensable weight loss journal now -- it might just change your life forever.

My Weight Loss Journal for Teens On Target Publishing,2019-12-21 My Weight Loss Journal For Teens When losing weight - there are EASY ways and Hard ways... Having a Weight Loss Journal with plenty of room to: plan your meals, plan and track your workouts, and track your habit changes, is the easy way! You will soon discover that having a Weight Loss Journal is ESSENTIAL for instilling good eating and exercise habits to achieve your weight loss goals! Here is what you are getting: □ This 8.5 x 11 My Weight Loss Journal For Teens book is perfect for listing the weight loss eating and exercise habits you want to change PLUS the ones you want to keep and improve upon! □ You get 12 Monthly Habit Tracker Charts to help monitor your progress! Before you know it, doing The Right Things will become automatic. □ You get 52 Weekly Meal Planning Charts. One of the biggest killers of any weight loss program is not knowing what to eat in advance. Those fast food runs will kill you. AND at dinner time, standing in front of the refridgerator trying to decide what to eat, will destroy even the best of intentions. Now, you will know exactly what to eat (and when). □ You get 52 Weekly Workout Charts to track your exercise regime. (Remember, diet and exercise are the ONLY ways to lose weight and keep it off), start off easy with a simple walk then as you get in better shape add to your workouts! Soon, you will look forward to your daily workouts! □ The glossy cover is made to industry standards and designed to last. □ LARGE 8.5 x 11 size - plenty of room for listing and tracking! Seeing how you've progressed each week will become a powerful motivator! □ This Weight Loss Journal makes a great gift

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A Slimmer You Larry Gompf,2022-06-29 You don’t need to be stuck in a weight-loss rut, relying on supplements and fad diets to achieve your target weight. Larry Gompf knows that getting slim doesn’t have to mean cutting all the “fun food” out of your diet or sacrificing all your free time at a gym. His experience proves that there is a natural way to lose pounds and realize a healthier lifestyle. He knows the secret . . . and now he’s going to share it with you. With a little time, patience, and commitment, you, too, can lose weight and develop a happier, healthier lifestyle. With tips and tricks on diet, exercise, and healthy living in general (including topics like dog ownership, music, and safe driving) Larry shares his own story and encourages you to write a new ending to your own! Weight loss is achievable for you, and more than that, it’s simple. And it’s never too late to get started.

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