



Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today

Jena la Flamme

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No points. No calorie counting. Just trust pleasure and the wisdom of your body.

“The key to losing weight is not about enjoying less,” teaches Jena la Flamme, “it’s about enjoying *more*.” This revolutionary insight has allowed thousands of Jena’s students to lose weight without boring food plans, arduous rules, or punishing exercise. Why does it work? Because pleasure is the secret to switching off the stress triggers that are the real culprit behind emotional eating and weight gain. With *Pleasurable Weight Loss*, Jena invites you to discover to a graceful, feminine way for attaining the body of your dreams, featuring:

- Taking the “guilty” out of pleasure—why pleasure is a trustworthy and intelligent guiding force in your life
- Accessing your body’s wisdom—embracing your “animal nature” and turning your instincts and cravings into allies
- Discovering your “ideal ecology”—creating the right conditions for weight loss with your food choices, thoughts, and lifestyle
- Making it safe to be sexy—untangling the social and psychological issues of body image so you can feel good while looking your best
- Exercise, cooking, and savoring life—everyday tips and no-stress practices for liberating your natural radiance

How you feel about your body and how you relate with pleasure matters more than what you eat when it comes to successful, sustainable weight loss. With *Pleasurable Weight Loss*, Jena la Flamme brings you a comprehensive, life-changing approach that starts with your mind—helping you relax, build self-esteem, and develop a sense of joy and trust in your body. Filled with inspiration, recipes, and practical guidance for women of all ages and body types, here is a powerful guide for transforming your relationship with food and exercise—a natural, enjoyable, and lasting path for looking and feeling your best.

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Asia Haynes:

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Eleanor Bender:

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Annmarie Windham:

The guide with title Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today includes a lot of information that you can learn it. You can get a lot of gain after read this book. That book exist new information the information that exist in this publication represented the condition of the world now. That is important to yo7u to know how the improvement of the world. This specific book will bring you in new era of the globalization. You can read the e-book on your own smart phone, so you can read that anywhere you want.

Alexandria Sharp:

A lot of people always spent their own free time to vacation or even go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity here is look different you can read any book. It is really fun for you personally. If you enjoy the book which you read you can spent the whole day to reading a e-book. The book Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today it is rather good to read. There are a lot of folks that

recommended this book. We were holding enjoying reading this book. If you did not have enough space to develop this book you can buy the e-book. You can m0ore simply to read this book from your smart phone. The price is not too expensive but this book has high quality.

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