



Justify Thin

Rena Da Grava

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Anyone that has ever struggled with dieting knows that weight management is an emotional subject. There is more to weight loss than just science. Diet plans that only address the academic side of weight loss fail to cover the real issues that impact almost all adult Americans today. Weight gain can happen to any of us (the young, old, educated, and wealthy), no one is immune. Following someone else's diet, even if it is a good one, is not going to work in the long run. Justify Thin readers learn how to develop their own strategies, customize their own diet and activity, and prepare themselves for inevitable changes that might have otherwise caused weight gain. The book "Justify Thin" is non-judgmental and inspirational because it is written by an author that is less than perfect and understands the struggle that average Americans are faced with on a daily basis. The author not only describes how she stays thin but more importantly, she gives the readers their own comprehensive training that can be customized. Justify Thin is a master diet and fitness strategy that uses a 4-step approach to lifetime weight management. If you are tired of repeatedly following other people's diets (OPDs) only to gain back the weight after enduring crazy things like starvation, detoxification schemes, unsatisfying diet drinks, questionable diet food, dangerous supplements, and insane fitness regimens, then it is time to Justify Thin. "Author Renae Da Grava approaches the omnipresent subject of weight management from a fresh and creative perspective that is both motivational and easy to follow. 'Justify Thin' is entirely inspirational, and enjoyable to read in a way that keeps you turning pages... recommended reading for anyone that eats!" - Dr. Melissa Faulkner, PhD Learn more at www.JustifyThin.com

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