

## The Breakthrough Journal: Butterfly Edition (Paperback)



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### **Reviews**

*Definitely one of the best book We have at any time go through. It is actually filled with wisdom and knowledge I am quickly could get a delight of studying a published book.*  
*(Dr. Kim Bergnaum)*

## THE BREAKTHROUGH JOURNAL: BUTTERFLY EDITION (PAPERBACK)



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Blue Pluto Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Lay the Foundation for Bariatric Surgery Success by Changing One Behavior Over the Next 12 Weeks. Discover Your Ability to Create Permanent Results in Your Life Are you feeling frustrated with your lack of results? Tired of the emotional, weight-loss roller coaster ride? Do you wonder if you ll ever reach your goal weight, even after having weight-loss surgery? Sadly, many bariatric patients do not reach their weight-loss goals, or they end up regaining some or all of their weight. But, it doesn t have to be that way. The Breakthrough Journal was created by a bariatric patient who weighed 394 pounds at her first surgery consultation. Beth Bianca knows the struggles of having to lose a large amount of weight. She knows about the doubt, pain and emotional issues involved with being morbidly obese. However, after having bariatric surgery, Beth discovered the key to unlocking her old thoughts and food behaviors. She lost 229 pounds. And, now she is passionate about helping other bariatric patients win the mind games associated with weight-loss surgery. This interactive journal is designed to guide you step by step to identifying your life changing Breakthrough Goal. Plus, it will be your accountability companion for the next 12 weeks as you build new healthy habits and lay the foundation for long-term success, all while being fun and rewarding. Inside you will learn: The Bariatric Basics that Beth used to lose and maintain her 229-pound weight loss. How one simple activity can nearly double your weight-loss results. A fun way to curb food cravings and head hunger while relieving stress. Plus, it includes: Worksheets to guide you step-by-step with choosing your Breakthrough Goal for maximizing your 12-week results. Motivational...



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