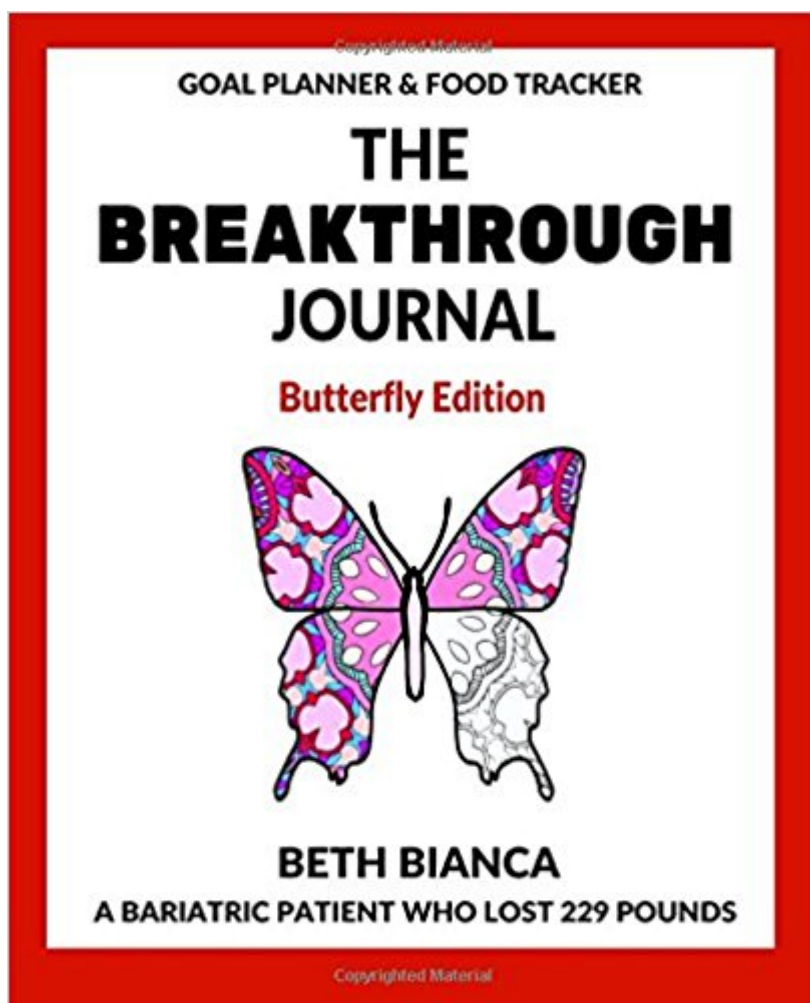


The book was found

The Breakthrough Journal: Butterfly Edition (Volume 1)



Synopsis

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 youâ™™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 doesnâ™™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 quotes handpicked by Beth Bianca for each day of your 12-week transformation. Quotes that will inspire your day with positive expectations. Food logs specifically designed for bariatric patients to help you stay focused on meeting the daily essentials for a healthy and happy life. A powerful affirmation to repeat daily for building your confidence, self-esteem, and self-image. Daily, weekly and monthly reviews to evaluate your progress and stay focused on achieving your Breakthrough Goal. A different butterfly coloring page for each day of your 12-week transformation which can be used as motivation and/or for relaxation. The Breakthrough Journal is a hands-on, multi-faceted guide to transforming your life during the next 12 weeks. Reveal Your Inner Butterfly. Ready to get started? Order your copy of The Breakthrough Journal. Scroll to the top of the page and click on the "Add to Cart" button now.

Book Information

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Customer Reviews

Beth Bianca is a bariatric patient who lost 229 pounds. She is the founder of LadiesInWeighting.com, the author of Mindset Breakthrough: Achieve Weight-Loss Surgery Success, and a contributing author to the Huffington Post. After weighing 394 pounds and becoming riddled with health issues, Beth received a second chance at life by having weight-loss surgery. She is passionate about sharing the lessons she has learned and providing support to other bariatric patients. Beth is a Certified Life Coach and Lifestyle & Weight Management Specialist. You can find her at BethBianca.com and connect with her on Facebook.com/BethBianca.Author/

Love this handbook! Not only does this journal focus your efforts, but does so in a cheery manner with easy to follow and apply basics. Beth has had the real-life experience and knows first hand what it takes to be successful and thrive after weight loss surgery. Beth also has experience coaching people on their journey and knows what works. So thankful she has put her thoughts and research down on paper so we can also benefit from her experience! (I received a free copy of this book in exchange for my honest review.)

This is a must read book for anyone trying to lose weight. Beth has insight and first-hand experience with losing weight. She also is currently offering an online weekly talk on each paragraph. There is also a journal you can purchase separately.

Excellent help in changing my eating habits in preparation for gastric by pass surgery. Buy the book and the journal to help you make new more beneficial habits. I feel this book can be used for any habit you need to change or to make....excellent book!

Awesome workbook goes hand in hand with the book. It is helping me set goals.

Super helpful in my journey. There's all sorts of things to track and keep focused on.

This journal has encouraged me and renewed my ability to log and stay focused on my bariatric basics. I highly recommend it.

Love it!

Great book and great support group ***** stars!

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Dotted Notebook, Work Book, Sketch Book, Math Book, 5mm ... paper) (Dotted Journal Notebooks)
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