

# [PDF] Awaken The Diet Within!

## Julia Griggs Havey - pdf download free book

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### Books Details:

Title: Awaken the Diet Within!

Author: Julia Griggs Havey

Released: 1999-03-01

Language:

Pages: 196

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### Description:

**From Publishers Weekly** This revamped version of a 1999 self-published paperback of the same name offers Havey's success story coupled with weight loss advice and a new menu plan section. The author, a formerly overweight mother of two, received an anonymous letter detailing an affair her husband was having with another woman. Havey divorced her husband and turned her life around-by losing 130 pounds through a motivational plan of her own design. The secret to successful weight loss, according to Havey, is to identify individual goals and develop a positive attitude by engaging in enjoyable activities-walking, meeting a friend or gardening-instead of eating. Havey recommends exercising and offers healthy recipes and advice on supplements; she believes in losing weight through self-motivation rather than via the diet of the moment ("Live the life, not the diet"). The author has parlayed this helpful, commonsense weight loss program into a career that includes advertising her books and diet aids on cable TV and maintaining a Web site where she promotes motivational tapes and CDs.

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**From the Publisher** Awaken the Diet Within!, is a moving story of one woman's struggle with her obesity. Julia's life consisted of an unhappy marriage, stress filled days of overeating, raising two children virtually alone, money troubles and depression. By tapping into a positive program of self esteem repair, she managed to lose 130+ pounds, reclaim her life and is now living her dreams. In a sincere, heartfelt and humorous manner, Julia instills hope and motivation to succeed in her readers. This book is a must for anyone facing changes in their life, it will give them a road map to follow while on the path of positive self improvement through self motivation!

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