

Become & Stay Fit Forever

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Synopsis

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Did you find yourself struggling to get into your clothes? Is it time for a new keto diet, weight loss exercises, and shaping up? You know you can do it. You already succeeded the last time, and the time before, and even before. You could say you're an expert in getting back into shape. Wait, you can't. You have those 10 extra kilos again. Sound familiar?

If you are one of those people who struggles with weight gain, counts every calorie, and works hard to lose weight only to put it back on, then you are in the right place. In this book, we'll help you find the root of your problem and solve it for good. So when you finally get in shape again, you won't gain that extra weight back. We are going to break the cycle. We'll help you find out what's hidden in the background, and why you repeat the same process over and over again. Once you know what's the cause of it, you'll be able to face the right enemy.

We will talk about:

- What's going on in your body and what's hiding under the surface of your weight problem.
- Your relationship with food: emotional eating, comfort food, food addiction, etc.
- Switching bad eating habits to your real needs and creating new weight loss habits.
- How to help yourself in shaping up using introspection, visualization, meditation, mindfulness.
- Removing negativity and developing a positive mindset, cutting out negative thoughts and toxic feelings will do more for your health, including weight, than cutting out calories.
- And much, much more!

While the traditional approach to weight loss focuses only on the body - calories in versus calories out - like it's a separated mechanism, in this audiobook, we suggest a different, unconventional approach - a holistic one.

So, if you want to *Become & Stay Fit Forever*, you should begin from the inside and attach the best practice of weight loss for you. What we suggest as a universal cure for many problems, including weight, is finding inner peace. Once you become happy, calm, mindful, balanced, and satisfied, the healthy lifestyle and weight will

follow, as a natural consequence of your mindset.</p> <p>Listen now and <i>Become & Stay
Fit Forever</i>!</p>

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