



**365 DAYS A YEAR FITNESS MOTIVATION:
How To Stay Motivated During Weight Loss with
365 Dangerously Powerful and Positive Motivation
Quotes (How To Stay Motivated For Weight Loss
Book 1)**

OLIVIA ANDERSON

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365 DAYS A YEAR FITNESS MOTIVATION: How To Stay Motivated During Weight Loss with 365 Dangerously Powerful and Positive Motivation Quotes (How To Stay Motivated For Weight Loss Book 1)

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Have you tried finding motivation to lose weight and the morale to push you through each day but you still can't do it? Have you started a weight loss plan then slacked off halfway and didn't know how to get back on that horse? Well this book was written for you. This is a book of daily affirmations spanning all 365 days of the year with goals set up for you for each day to help you reach your target weight.

Losing weight is a tough battle for anyone and you need constant reassurance and support throughout this amazing journey, and this is what I hope to accomplish with this book. I will hold your hand and be with you each step of the way, cheering you on and picking you up when the going gets hard.

Several recurring themes will be evident to you with each step you take;

1. Desire- a sense of longing for an outcome. You will need a lot of desire to even think about losing weight but now that you're reading this book, I assume you already have the desire to make your life better.
2. Patience- You will need a lot of patience to endure the difficult circumstances that you will face in your weight loss journey.
3. Dedication- You will need to be committed to this all the way to the end and this book will help you do that.
4. Hardwork- This goes hand in hand with dedication, meaning blood and tears will go into this journey and you will have to follow through each time.
5. Faith- You will need to have a lot of faith and belief in yourself to achieve your weight loss.
6. Perseverance- You will need steadfastness in doing your workouts despite difficulty or delay in achieving your weight loss goal

This is a book of 365 quotes and affirmations from authors, poets, writers, scientists, artists, fitness experts and playful but thought provoking quotes from social media. From Albert Einstein to Tupac and from Aristotle to athletes and presidents. All these people got somewhere in life and that's why they had some wisdom to share to help get you inspired for positive change in your life.

I hope all your wishes and desires come true, and most importantly I can't wait for you to look back at the year and smile because everything that you hoped for came to pass.

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Jose Gould:

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Doris McNeal:

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wasting spare time activity?

Jessica Hodgkins:

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