

Go ahead. Get passionate about the food you eat. You don't have to hide it. You can love food and lose weight at the same time! The secret, which you'll learn about in Love Food and Live Well, is to know when to have carrot cake and when it's time for just a carrot. For most dieters, food is the daunting factor that trips up our best intentions to lose weight and get fit. Let Chantel Hobbs teach you that food is not the enemy! It's our attitudes toward it that defeat us. Losing weight does not require being deprived of the foods you love and being forced to eat boring, tasteless meals, and left feeling hungry most of the time. Turn food into your ally by following Chantel's 80/20 rule: A full 20 percent of the time, splurge on the foods you love and incorporate them into celebrations and social occasions. The remaining 80 percent of the time, choose food on the basis of delivering maximum fuel for your body and ultimate health. Simply by having freedom in what you eat, you can train yourself in self discipline and achieve sustainable weight loss, being free from food anxiety. Using personal inventories, original recipes, food plans, and new, detailed exercises for strength training and aerobic fitness, Chantel will inspire you to live well in every area of life. What are you waiting for? Start the pursuit of a life lived well and healthy: body, mind, and spirit. From the Hardcover edition.

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Love Food & Live Well: Lose Weight, Get Fit & Taste Life at Its Very Best Hobbs , who lost pounds and has maintained that weight loss by. Lori said: My second book review is for the book Love Food & Live Well, by Love Food and Live Well: Lose Weight, Get Fit, and Taste Life at Its Very Best.

Love Food and Live Well: Lose Weight, Get Fit, and Taste Life at Its Very Best (English Edition) eBook: Chantel Hobbs: pho-one.com: Kindle-Shop. The Paperback of the Love Food and Live Well: Lose Weight, Get Fit, and Taste Life at Its Very Best by Chantel Hobbs at Barnes & Noble. For most dieters, food is the daunting factor that trips up our best Love Food and Live Well: Lose Weight, Get Fit, and Taste Life at Its Very.

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