



Pay to Play Dieting: The Backslide Terminator (Paperback)

By Kenneth R Laws

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.The book truly is, The Backslide Terminator. While Pay to Play Dieting holistically targets backsliding, the book is aptly named Pay to Play because it s a collection of methods whereby a cost is associated with any part of a diet that s high in calories. Be sure to Look Inside in order to read the first chapter and the excerpt below from the chapter, The Deal Breaker. ----- Logic said that I had stumbled on why it s so easy to backslide: People save their fat clothing just-in-case! I spent the next few days wrestling with the concept. I came up with the six truths of backsliding. 1. Keeping the large clothing assumes I will need them. 2. Keeping the clothing left open the door to backslide with impunity. 3. Removing the larger clothing meant that the smaller clothing would become my alarm system. 4. When my clothing became tight, this meant that I had to step up the pay system intensity or cut down on the meals. 5. The decision of keeping or getting rid of...



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