



21-Day Challenges Box Set 2 - Weight Loss, Exercise & Clean Eating (Volume 16)

21 Day Challenges

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21-Day Challenges Box Set 2 - Weight Loss, Exercise & Clean Eating (Volume 16) 21 Day Challenges Book 1: The 21-Day Weight Loss Challenge

Are you tired of starting a new diet and then disappointing yourself every time? Do you feel that no matter how motivated you are, you will always fall back into the trap of out of control eating?

What you can expect from this challenge is a no-nonsense, common sense approach to shaking off some of the dieting industry's BS and trying to remember what our bodies know. We'll look at common sense ways to gradually and safely lose weight that honor our instincts, not go against them.

The 21-Day Weight Loss Challenge will help you to:

- Realize that right now you have fat, as opposed to being fat. It's not your identity; it's a temporary state, a choice
- Explore and understand the excuses and reasons that keep you overweight, why aren't you more active? Why aren't you eating healthier? Why do you eat when your body isn't hungry?
- Estimate your caloric requirements, the sweet spot where you slowly but steadily lose weight without feeling hungry and miserable all the time
- Let go of magic pills, shakes and other stuff the dieting industry, colleagues and that skinny Youtube chick want you to believe in
- Take responsibility to love, respect and nourish your body

Book 2: The 21-Day Exercise Challenge

Are you tired of being lazy, out of shape and lacking energy?

Are you ready to understand and dis-empower your excuses, start taking care of yourself and to move that body of yours as a daily habit?

Everybody can agree that having a more active lifestyle is a good thing. Nobody would argue that we couldn't all do a little more exercise. And yet ... why is it so hard to actually do it? If you're reading this, you've probably gotten fed up with how difficult it is to always be starting a new exercise regime, only to go back to your old habits in a few weeks.

The 21-Day Exercise Challenge will help you to:

- Get clear on your personal goals and motivation
- Enjoy exercise again
- Understand and overcome your excuses
- Incorporate exercise in your busy lifestyle
- Make small lasting changes with a big impact
- Stay motivated during and after the 21-Day Challenge

Book 3 - The 21-Day Clean Eating Challenge

Do you feel like it's time to start taking better care of yourself?

Do you want to look and feel better?

Clean eating is a lifestyle and an attitude more than it is a set of forbidden foods. During this challenge, you'll try to let go of the mythical "ideal diet", the only one who knows if a diet is good for you or not is your own body. So ask it! During the 21 days of the challenge, we'll look at opportunities to clear away foods that are hindering your health and replace them with better ones.

You will be amazed how much impact healthy eating will have on your overall wellbeing and the way you look.

The 21-Day Clean Eating Challenge will help you to:

- Make better food choices through out the day
- Wake up every morning feeling refreshed and well-rested
- Normalize blood pressure, cholesterol levels and digestion
- Have more energy, better concentration and mood during the day
- Shed excess weight
- Boost your immune system so you won't catch a cold every time someone sneezes
- Make clean eating a permanent part of your lifestyle

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