



The Elephant in the Room: How to Overcome Your Psychological Barriers to Weight Loss Success

Gemma Rayne Fountain

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The Elephant in the Room - How to Overcome Your Psychological Barriers to Weight Loss Success addresses the psychological reasons why people fail at weight loss. The problem is not a lack of knowledge in the areas of food and exercise but the psychological barriers that prevent adherence, follow through and success. The psychology of weight loss is the missing component to all diet and exercise programs. This book will help you identify and address your psychological 'speed bumps' and prepare you for great success in your weight loss efforts. It's time to clean out your emotional closet and prepare to see all your greatest weight loss goals come to fruition. This book delivers honest and straightforward information to help you address your psychological barriers and start seeing results in your weight loss goals.

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