

TAMARA DAMASHCAN

Slimming's dominant: what does it mean and how to transform desire into working mechanism



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Аннотация

Authorial methodology: “Slimming's dominant” – your way in the world of slimness. This methodology is interesting to learn and easy to apply. Wish to be thin can be for sure transformed into powerful mechanism. How to make it work? – read in my book, which has no analogues in the whole world at the moment.

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Types of dominant weight loss: what does it mean and ways to transform your desire into working mechanism

“How to lose weight” is the most common question on the internet. Millions of people seek to find out methods of losing weight, special secrets and diverse diets guaranteed lowering weight. They can find all of this methods, both as paid as free. But what to do if diets and sport do not help you, even if you try hard?

Extra inches and kgs are a big problem, which are not easy to get rid of. In this book I give some practical recommendations, capable to change your view of this problem. You will know how to put into practice psychological receptions, guaranteed leading to elimination of excess weight.



What will you know after reading this book?

First of all, you'll be able to stay in a good fit without exercises and working out.

I'll teach you to lose weight:

- And not to get stressed about this;
- Without excruciatingly desire to eat something tasty;
- If you have no time for gym.

Consciousness reconfiguring – this is what will happen with your mind after reading this book. No more self-violence because of the eaten brownies and no more remorse about skipping another training. As a result, the joy from life will accompany good body-shape. Once learned, you'll be able to implement this dominant into different life sides, such as business, study, career, personal relationships, and you will always make improvements.

Studying thoroughly psychological problem of growing thin, I developed a whole system which to date does not have analogues in the world. Now, I want to share with you my knowledges about growing fit, my dear readers.

Is it really easy?

Not everything in life is easy to be done, anyway people need to confront with some difficulties. Clash of the obstacles may be difficult, but at the end of the road, awards are waiting for their winners. If you are ready to pass these obstacles and get the award, keep reading.

What are you about to face applying my methods:

- Desire to give up.
- Doubt, that your body will listen your mind.
- Low degree of self-confidence, that you will succeed.



Read. Remember. Promote

These are three obstacles, three advices and three real working recommendations from me to you.

How to overcome barriers, that can arise on your way to perfection, without pain, discomfort and stress?

We're all different – age, temperament, social status, life experience, marital status, and the mutual relation with opposite sex. All of these, have an impact on your thinking and willingness to challenges. About 20% of people apply my method and don't even have a doubt that something may go wrong. Others may face some problems and this book will help them to go through.

– Desire to give up

Do not rush to draw conclusions. Would you let a hasty judgement manage your life decisions? If yes, then answer yourself a few easy but significant questions:

– Are you ready to give up before you even started?

– Don't you want to know that “secret” about losing weight without paying so much money to a psychologist?

– Do you wish to receive a fond key opening door to the world

of non-problem growing thin?

I will not cut out, during 2 years of working on this project, among my customers were 3% of people who had finished the book, but were afraid to pursue my method. The other remaining 97% stayed on the force and achieved their aim. I frequently conduct interrogation and I've just noticed that people explain my method like: "Oh! That's so simple – just do it."

Rule number 1. Study – Remember – Do! But first, let us make a deal: be sincere with yourself.

I remembered one case, when I was a cardiologist, patients were periodically coming back the next day and complained about drugs, namely that they don't help. Intuition told me that they were lying. The most powerful drugs might not be unhelpful. It is necessary to say that tablets used in cardiology are very specific – square shape, crimson colored or different spots on the surface. So, when somebody complained about lack of meds effect, I usually asked them "what shape has had your drugs?" or "what colour were drugs?" The answer was striking. I found out that patients haven't even bought that medicaments.

I will not embarrass you and verify, when, how and how many times do you use my recommendations, I don't have any doubt in our honesty, because you need this and you decided to buy

my methodology. So, do we have a deal? Ok, then keep reading further.

Конец ознакомительного фрагмента.

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