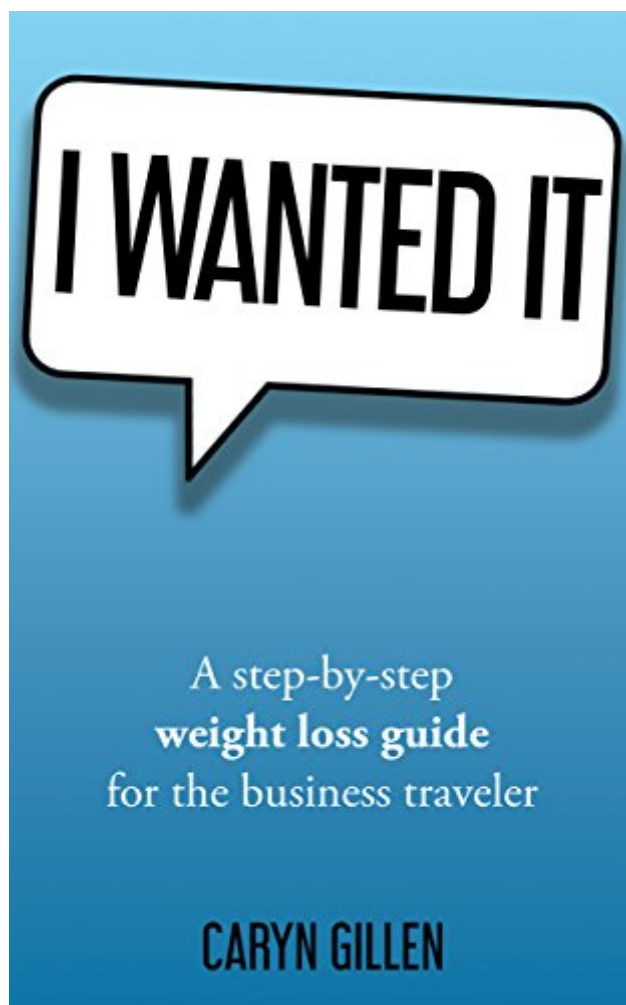


The book was found

I Wanted It: A Step-by-step Weight Loss Guide For The Business Traveler



Synopsis

Get paid to lose weight! The upside to business travel. If you want to lose weight you've got to stop following conventional dieting wisdom. To get the best possible results you need to learn this 6-step process so that you can travel with confidence, knowing you're coming home lighter. This book is for people who are serious about losing weight and keeping it off - while living lives they enjoy. In this book, author and weight loss coach, Caryn Gillen, teaches you: -The reason most diets fail, and what to do instead. -The truth about conventional diet wisdom, and how it keeps you overweight. -The difference between losing weight only to gain it back, and losing weight for good. -Why travel days are a top weight loss tool, and how to use them to your advantage. -The critical steps to releasing excess weight, and becoming the thinner you. If you're too busy to fail at another diet and are serious about losing weight, read this book.

Book Information

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Short Reads > Two hours or more (65-100 pages) > Travel

Customer Reviews

I don't travel much anymore but I still found Caryn Gillen's protocol for sensible weight loss very valuable. Her plan is not really about food or willpower. The

tools she shares go way deeper. She gets at the ultimate truth, as she puts it, that weight is most fundamentally an excuse for ducking out of your life. Caryn writes with engaging authenticity that draws you in and makes you really want to succeed - no matter how many times you've failed at weight loss before. If you are sick of obsessing about weight and food, this book will change your life.

If you're a busy, working woman who wants to lose weight without feeling endlessly deprived or spending all of your time at the gym, this book is a must-read! With Caryn's approachable tone and realistic approach, she walks you through how to lose weight without the struggle, no matter how busy your life is or how impossible it feels. You can shed the pounds, and it's easier than you think.

A good reason to read this book? Caryn Gillen's outline of the ways and means to achieve the body-you-want that will fit into the clothes-you-want while learning how to keep both body and clothes just as you need them to be long-term. The best reason to read this book? Caryn's direct, no-holds-barred prose in the service of tools that can change your life. This woman and her words are about making the commitment, doing the work, then living comfortably with your success. Her book is a "buy now, keep near always" volume.

As a busy professional woman I can totally relate to the feeling of wondering why I can handle everything else in life but just can't figure out this weight thing. And traveling already knocked me off kilter, and took days (ok sometimes weeks!) to get back into the diet swing upon my return. Caryn's approach takes you through a process that not only considers your body but also your brain. Her approach works - I can attest to it! This is a must read for any woman who wants to end the struggle with weight once & for all.

This book is so funny, but more importantly, real, relatable and practical. I've tried nearly every weight loss program invented and this book introduces some unique insights that changed how I feel about weight loss (or my previous lack there of). With all the helpful worksheets and honest directives, I now have new tools and a new attitude. For the first time in a long time, I feel confident about taking control over my entire life, not just my weight. This book is SO much more than a weight loss guide, it's a book about how to own your life and show up for yourself.

I'm writing this review because I love reading people's real experiences before I dive into trying something new or different, I hands down recommend this book! I had thought of myself as a healthy eater and I was trying to be more active but had kinda hit a spot where I wasn't getting anywhere and not meeting goals I set for myself. I read this book and did the coaching with the author and started to see results and learning more about myself and my body in the process, there are some key phrases in this book like "show up for yourself" I tell myself that everyday now and live by it, I need to take care of myself like I take care of others! I think the book is amazing and I would recommend it to anyone wanting to better themselves and make a lifestyle change but the coaching takes it to another level, having someone that is passionate about your success and helping meet goals you never thought were possible is priceless...

I Wanted It is a fun, intelligent & inspired read. Gillen offers step by step framework to achieve weight loss goals at an individual pace. I found the vulnerable personal narrative of Gillen's own weight loss story and challenges to be an integral part of buying into this program! Can't wait to get started on my own goals! Thank you!!!

Reading "I wanted It" created many aha experiences for me, mainly, that I can do it! I'm always on the run and traveling and those had been my excuses for not losing weight and the author helped me realize that I don't need more time to make good decisions for myself, I already have everything I need!

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