



THE END OF TRY TRY AGAIN

Overcome Your Weight Loss and Exercise struggles *For Good*
By Kristen Carter MS

- CATEGORIES: Health, Fitness & Dieting; Exercise & Fitness; Heart Disease, Diabetes.
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- KEYWORDS: Diet & exercise mindset; Habits about diet & exercise; Health & wellness habits; Healthy lifestyle book; Nutrition habits & weight loss; Tools for weight loss.

SYNOPSIS: Forget the idea that you have to sign on to a restrictive diet or rigorous exercise plan in order to lose some weight and feel more energetic. Discover how you can choose an acceptable lifestyle that balances desire with health. Find a way that allows YOU to be in control of your choices, and discover solutions that fit into YOUR life.

The End of Try Try Again starts with understanding how we form habits and why they can be so difficult to break. This book explains how our brains and bodies work so that we can work with them, not against them. It shows you why some of our attitudes and beliefs don't serve us, and gives us access to a whole new way of thinking about diet and exercise.

Based on extensive research, this book explains why making big changes to how we eat and exercise is complicated. Using the science of motivation, it lays out how to find deep motivation based on personal values, not passing fads. It then presents a clear, inspirational formula that is simple but can lead to life-changing results.