



If I'm So Smart, Why Can't I Lose Weight?: Tools to Get it Done

Brooke Castillo

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Since applying the tools I learned in Brooke's program to my everyday life, I have already released 35 pounds of fat from my body. I no longer struggle with food and exercising has become a joy that I look forward to doing every day. Shopping in the stores I once used to walk by fills me with great delight, because I can finally wear the kinds of cute clothes that better fit my personality. Once I was able to create a new mind set that I am worth taking great care of myself, I experienced more happiness than I have ever known. For me, freedom from the weight struggle has been worth taking the risk to try again just one more time.' Suyin N. Client San Mateo, CA

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