



Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today

Jena la Flamme

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No points. No calorie counting. Just trust pleasure and the wisdom of your body.

“The key to losing weight is not about enjoying less,” teaches Jena la Flamme, “it’s about enjoying *more*.” This revolutionary insight has allowed thousands of Jena’s students to lose weight without boring food plans, arduous rules, or punishing exercise. Why does it work? Because pleasure is the secret to switching off the stress triggers that are the real culprit behind emotional eating and weight gain. With *Pleasurable Weight Loss*, Jena invites you to discover to a graceful, feminine way for attaining the body of your dreams, featuring:

- Taking the “guilty” out of pleasure—why pleasure is a trustworthy and intelligent guiding force in your life
- Accessing your body’s wisdom—embracing your “animal nature” and turning your instincts and cravings into allies
- Discovering your “ideal ecology”—creating the right conditions for weight loss with your food choices, thoughts, and lifestyle
- Making it safe to be sexy—untangling the social and psychological issues of body image so you can feel good while looking your best
- Exercise, cooking, and savoring life—everyday tips and no-stress practices for liberating your natural radiance

How you feel about your body and how you relate with pleasure matters more than what you eat when it comes to successful, sustainable weight loss. With *Pleasurable Weight Loss*, Jena la Flamme brings you a comprehensive, life-changing approach that starts with your mind—helping you relax, build self-esteem, and develop a sense of joy and trust in your body. Filled with inspiration, recipes, and practical guidance for women of all ages and body types, here is a powerful guide for transforming your relationship with food and exercise—a natural, enjoyable, and lasting path for looking and feeling your best.

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From reader reviews:

Jose Miller:

Have you spare time for a day? What do you do when you have far more or little spare time? That's why, you can choose the suitable activity to get spend your time. Any person spent their particular spare time to take a move, shopping, or went to often the Mall. How about open or even read a book titled Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today? Maybe it is to become best activity for you. You understand beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with it is opinion or you have various other opinion?

Marie Clemmer:

Information is provisions for people to get better life, information today can get by anyone with everywhere. The information can be a knowledge or any news even an issue. What people must be consider while those information which is in the former life are challenging to be find than now's taking seriously which one is acceptable to believe or which one often the resource are convinced. If you receive the unstable resource then you have it as your main information there will be huge disadvantage for you. All those possibilities will not happen in you if you take Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today as the daily resource information.

Jack Jackson:

Is it an individual who having spare time then spend it whole day by means of watching television programs or just resting on the bed? Do you need something new? This Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today can be the respond to, oh how comes? The new book you know. You are consequently out of date, spending your spare time by reading in this brand-new era is common not a nerd activity. So what these publications have than the others?

Duane Vega:

As we know that book is important thing to add our understanding for everything. By a book we can know everything you want. A book is a list of written, printed, illustrated as well as blank sheet. Every year was exactly added. This book Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today was filled in relation to science. Spend your spare time to add your knowledge about your science competence. Some people has various feel when they reading a book. If you know how big advantage of a book, you can truly feel enjoy to read a publication. In the modern era like now, many ways to get book that you wanted.

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