



Weight Loss, The Screenplay: Discover Your Inner Superstar and Manage Your Weight for Life

Elaine Moran

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SPOILER ALERT!

DO NOT read this book unless you truly want to know how the never-ending story of weight loss "failure" finally ends.

This unique book is like *Rocky* meets *The Secret* with a Hollywood twist--**it shows you how to become the slim superhero in the movie of your life.** The book takes you behind-the-scenes to reveal the psychological, biological, and spiritual aspects of losing weight and gaining optimum health for a lifetime--through the lens of a Hollywood screenplay. It draws on cutting-edge brain science, new thought, and human physiology while explaining spiritual principles and universal laws. This insightful book helps you **change your beliefs, bust through barriers, and retrain your brain** to create healthy, automatic habits that will make your life easier and your days more joyful--all while learning how to love yourself more.

Unlike any other weight loss book you've ever read, *Weight Loss, The Screenplay* takes you on an enlightening journey of self-discovery and spiritual transformation enabling you to reconnect to your authentic self. It closes that discouraging gap between knowing what to do and actually doing it because you will ultimately learn how to change from the inside out--the only kind of change that lasts. This encouraging book is alive with **inspiring stories, moving poetry, cinematic comparisons, movie metaphors, actors' quotes, actionable tools, motivational worksheets, and 50 affirmational "cue cards"**--to help you write, direct, and act your way to a healthier new body and a more vibrant new life.

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