



30 Pounds in 40 Days: One Man's Weight Loss Journey with the HCG Diet, and a Guide to Losing Weight Fast, While Creating Lasting Changes in Life, Health, Motivation, and Habits

Eric Stoddard

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One Man's Journey to 30 Pounds of Weight Loss in under 40 Days on the HCG Diet

*****30 Pounds in 40 Days is an Amazon Bestseller in Eating Disorders, and a Kindle Bestseller in Happiness, Healthy Living, Eating Disorders, and Diabetes!*****

Are you thinking of losing weight with the HCG diet, but have worries about the risks, or about gaining the weight back?

Are you looking for fast weight loss results, but have trepidation about whether or not it's possible?

Do you find that no matter what plan you try, nothing works because your behaviors get in the way?

Are you an emotional or binge eater looking to make changes to your habits?

Are you interested in "detoxing," or possibly trying a low-carb or gluten free diet?

Are you sick and tired of your clothes not fitting right?

I've been in your shoes and I wrote this book for you! In over **300 pages** of content, I've included every detail of my 30 pounds of weight loss and my weight loss maintenance since then, from how I found out about HCG, to why I decided to follow the protocol, to how I managed to maintain my new weight. I discuss finding the right doctor and nutritionist, what HCG is, the risks of HCG, the habits I needed to change in order to maintain my weight loss, and the techniques I employed to overcome emotional eating, binge eating, and stress. Whether you're a man or woman considering HCG, or have tried HCG before without results, 30 Pounds in 40 Days can help you. Before you try HCG, or any diet plan again, get the real story from someone who has been successful with it, including details about the risks and benefits of HCG, and how I made it work.

Many diet and weight loss books describe "perfect" plans, or the newest fads in weight loss, but they lack content that describes how to actually *follow* those plans! We don't need another perfect plan or nutrition idea, we need to understand how to follow a plan!

Here's my point.

Have you ever prepared a smoothie in the morning, only to eat junk food for lunch?

Have you ever laid out your workout gear only to not even go to the gym?

Have you ever tried a diet that seemed like a good idea, but just wasn't sustainable in your busy life?

I've found that my weight loss hurdles weren't about finding the right diet, but instead, about changing my behavior in order to overcome my destructive patterns. This book started as my personal weight loss journal, and ended up becoming a robust HCG guide, and a habit-changing companion to any diet place, whether HCG is involved or not.

In this book, I have provided you with a full account of my weight loss journey on HCG, from the good, to the bad, to the funny, to the ugly. I'll let you know about every technique that worked for me, and every bad idea I had that temporarily stunted my progress. I look forward to being by your side through your successful weight loss transformation. I know that my experience can help you with yours!

Other advice in 30 Pounds and 40 Days

- Overcoming self-destructive patterns that have ruined your results in attempts you have made with previous weight loss books
- Dealing with bad influences around you, like unsupportive friends
- Controlling hunger, cravings, and binge eating
- Ensuring you're ready to create lasting change
- Teaching yourself to cook, and finding time to make healthy foods, even in your busy life
- Telling friends about your diet plan, and ensuring you have the motivation to succeed
- Choosing between doctors and nutritionists to get you started and to hold you accountable
- Going on vacation and bringing your HCG
- Using your tablet or smartphone to track your weight loss, and HCG diet
- Creating visual aids to track your progress and maintain your motivation

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From reader reviews:

Donna Beckman:

The book 30 Pounds in 40 Days: One Man's Weight Loss Journey with the HCG Diet, and a Guide to Losing Weight Fast, While Creating Lasting Changes in Life, Health, Motivation, and Habits make one feel enjoy for your spare time. You should use to make your capable far more increase. Book can for being your best friend when you getting anxiety or having big problem with the subject. If you can make studying a book 30 Pounds in 40 Days: One Man's Weight Loss Journey with the HCG Diet, and a Guide to Losing Weight Fast, While Creating Lasting Changes in Life, Health, Motivation, and Habits to become your habit, you can get far more advantages, like add your own personal capable, increase your knowledge about many or all subjects. You are able to know everything if you like start and read a e-book 30 Pounds in 40 Days: One Man's Weight Loss Journey with the HCG Diet, and a Guide to Losing Weight Fast, While Creating Lasting Changes in Life, Health, Motivation, and Habits. Kinds of book are a lot of. It means that, science e-book or encyclopedia or other people. So , how do you think about this publication?

Gregory Jones:

As people who live in the particular modest era should be revise about what going on or details even knowledge to make these keep up with the era that is always change and progress. Some of you maybe will probably update themselves by studying books. It is a good choice to suit your needs but the problems coming to an individual is you don't know what one you should start with. This 30 Pounds in 40 Days: One Man's Weight Loss Journey with the HCG Diet, and a Guide to Losing Weight Fast, While Creating Lasting Changes in Life, Health, Motivation, and Habits is our recommendation so you keep up with the world. Why, because this book serves what you want and need in this era.

Augustus Chase:

Hey guys, do you really wants to finds a new book to study? May be the book with the concept 30 Pounds in 40 Days: One Man's Weight Loss Journey with the HCG Diet, and a Guide to Losing Weight Fast, While Creating Lasting Changes in Life, Health, Motivation, and Habits suitable to you? The particular book was written by famous writer in this era. The actual book untitled 30 Pounds in 40 Days: One Man's Weight Loss Journey with the HCG Diet, and a Guide to Losing Weight Fast, While Creating Lasting Changes in Life, Health, Motivation, and Habits is the one of several books that everyone read now. That book was inspired lots of people in the world. When you read this book you will enter the new age that you ever know prior to. The author explained their plan in the simple way, thus all of people can easily to know the core of this e-book. This book will give you a lot of information about this world now. In order to see the represented of the world in this book.

Elizabeth Sherer:

The e-book with title 30 Pounds in 40 Days: One Man's Weight Loss Journey with the HCG Diet, and a Guide to Losing Weight Fast, While Creating Lasting Changes in Life, Health, Motivation, and Habits has lot of information that you can learn it. You can get a lot of gain after read this book. This book exist new expertise the information that exist in this publication represented the condition of the world at this point. That is important to yo7u to understand how the improvement of the world. This kind of book will bring you inside new era of the the positive effect. You can read the e-book in your smart phone, so you can read the idea anywhere you want.

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