



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 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:

Mamie Esters:

Playing with family in the park, coming to see the ocean world or hanging out with friends is thing that usually you have done when you have spare time, after that why you don't try thing that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today, you are able to enjoy both. It is great combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout fellas. What? Still don't have it, oh come on its called reading friends.

Joyce Cassady:

Do you have something that that suits you such as book? The reserve lovers usually prefer to pick book like comic, small story and the biggest some may be novel. Now, why not trying Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today that give your entertainment preference will be satisfied through reading this book. Reading habit all over the world can be said as the opportunity for people to know world much better then how they react toward the world. It can't be claimed constantly that reading behavior only for the geeky individual but for all of you who wants to be success person. So , for all of you who want to start reading as your good habit, you may pick Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today become your own starter.

Christopher Larsen:

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Elizabeth Hart:

As a scholar exactly feel bored to reading. If their teacher questioned them to go to the library or make summary for some reserve, they are complained. Just very little students that has reading's heart or real their interest. They just do what the instructor want, like asked to go to the library. They go to at this time there but nothing reading really. Any students feel that reading through is not important, boring along with can't see colorful photos on there. Yeah, it is to become complicated. Book is very important for yourself. As we

know that on this period, many ways to get whatever you want. Likewise word says, many ways to reach Chinese's country. Therefore this Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today can make you feel more interested to read.

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