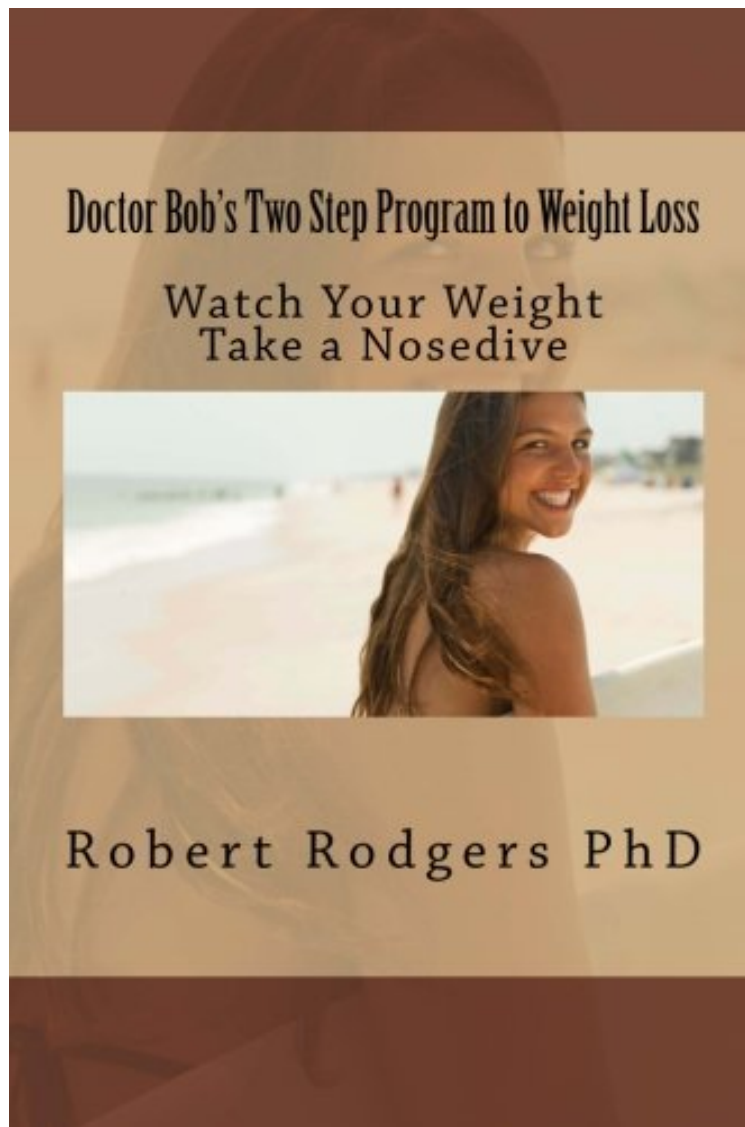


(Ebook pdf) Doctor Bob's Two Step Program to Weight Loss: Watch Your Weight Take a Nosedive

Doctor Bob's Two Step Program to Weight Loss: Watch Your Weight Take a Nosedive

Robert Rodgers PhD

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Robert Rodgers PhD : Doctor Bob's Two Step Program to Weight Loss: Watch Your Weight Take a Nosedive
before purchasing it in order to gage whether or not it would be worth my time, and all praised Doctor Bob's Two Step
Program to Weight Loss: Watch Your Weight Take a Nosedive:

Seven important questions follow. Record a mental count of the number of yes answers. 1. Are you overweight? 2. Have you tried one diet plan after another with little or no success? 3. Have you succeeded in shedding pounds during the first month of a diet program or exercise routine, but gave up because it was not happening quickly enough? 4. After abandoning one diet program after another do you wind up gaining even more weight than before you began dieting? 5. Looking back on all of your efforts, have they all been futile? 6. Have you tried every weight loss program touted as the best, but none of them helped you lose weight? 7. Are you on a continual hunt for a new program that offers a diet plan or exercise program that is supposed to make it possible to lose weight effortlessly and permanently? Did you answer "Yes" to four or more of the seven questions above? If so, this book offers the answer you have been searching for: a simple yet powerful approach that provides the foundation for losing weight successfully and permanently. I must warn you at the outset that Doctor Bob's Two Step Program to Weight Loss is not an approach you would have ever expected to encounter. As counter-intuitive and illogical as it may appear at first, the Two Step Program will work for you if you only give it a chance.

About the Author Robert Rodgers, Ph.D., has a passion for helping persons discover natural solutions to chronic health conditions such as the problem of weight gain. After graduating from Vanderbilt University with his undergraduate degree and Cornell University with his master's degree, Robert earned his Ph.D. from Michigan State University. He served as a faculty member at the University of Texas at Austin in the 1980's and was a professor and Director of the Ph.D. and MHA programs at the University of Kentucky during the 1990's. Robert resigned his position as a university professor in 2003 to create Zero Point Healers with Deborah Russell. He now pursues his passion for discovering remedies and therapies that offer the promise of helping the body come back into balance using natural methods and approaches. His research has revealed that the body does in fact know how to heal itself. Shedding excess pounds jump starts the body's ability to heal symptoms of chronic illnesses. Doctor Bob's Two Step Program offers the possibility of weight loss that is simple, effective and cost free. Stepping aside from the question of which diet plan or which exercise program is best, his Two Step Program helps reset and energize the decision to lose weight the natural way. His approach is the first to address and heal the underlying reason for excessive eating.