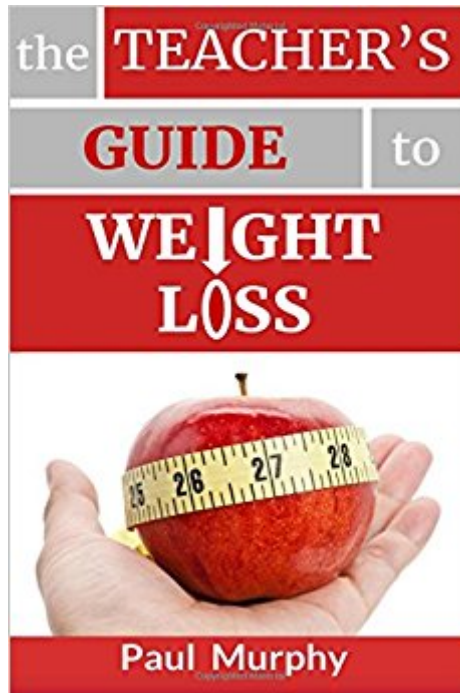




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The Teacher's Guide To Weight Loss



Synopsis

Would you like to lose weight? Do the demands of teaching leave you too tired to exercise? Do you crave unhealthy food after a long day at school? Teachers work hard. We spend so much energy on our students that sometimes we don't have much left for ourselves. Staying healthy as a teacher is hard to do. But you can do it! Any teacher can exercise, eat well, and come to work with a positive attitude and more energy than they ever have before. They plan for success and target just a few powerful habits. The Teacher's Guide to Weight Loss will show you how to:

- Plan ahead to avoid temptations
- Remove common barriers to weight loss progress
- Leverage "power habits" to effortlessly install new healthy routines
- Use psychology to automate better decisions

Paul Murphy has 17 years of teaching experience. He understands the unique challenges teachers face when trying to lose weight. He's struggled with them himself and wants to share what has worked for him. The Teacher's Guide to Weight Loss doesn't offer a trendy new diet. It won't provide meal plans full of recipes you'll never prepare. It doesn't pretend that weight loss is easy. It does:

- Give you concrete plans that get results.
- Share how to overcome the challenges that every teacher faces
- Show you how changing just a few critical habits can lead to the weight loss breakthrough you've been searching for
- Offer research-based solutions
- Actually work

Buy it now and start dropping pounds today!

Book Information

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Average Customer Review: 5.0 out of 5 stars 7 customer reviews

Best Sellers Rank: #291,033 in Books (See Top 100 in Books) #51 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention

Customer Reviews

Paul Murphy is a third grade teacher in Michigan with 17 years of experience. His books focus on improving the lives of teachers, both inside the classroom and out. He enjoys reading, writing,

travel, exercise, and Cheetos. His feet are perpetually cold, he bites his nails, and he regularly (and almost instinctively at this point) changes the lyrics to songs to make them more inappropriate, much to the chagrin of his wife and daughter. You're still reading? Why? Well then, in that case, there are a few good things about him. He does all of his family's grocery shopping, he rarely exceeds his monthly budget, and he's only had two cavities and one speeding ticket in his life.

This book was an easy read, chocked full of strategies and ideas to help teachers, as well as other professionals who are struggling with weightloss. The author does an excellent job of relating to his readers by giving personal experiences and following up with strategies that have worked for him. I loved this book and would recommend it to anyone looking for ideas to help with weight loss both at home and in the workplace.

This book makes SO much sense! I haven't started using the strategies yet, but many of them resonate with things I already do to some degree or have done before. Great info!

If you are looking for a no-nonsense book with great information this is it. Teachers and other school staff members will find it very relatable, but the information can also cross over to other professions. You may not have a teacher's lounge, but instead have an employee break room. The Teacher's Guide to Weight Loss is filled with many easy to follow tips to help shed those unwanted pounds. Good read.

It's a nice change to read something NOT written by a trainer whose never struggled with weight loss. There were some definite new ideas about going about it that already fit a teacher's lifestyle. And I very much enjoy Murphy's humour :)

My weight loss journey has always been difficult because of the stress and schedule of teaching. The author offers very specific tips uniquely designed for teachers. Very, very helpful!!!!

Great book, easy read, with humorous, practical tips.

My favorite tip is plan to regain some weight, enjoy the cakes and then lose the weight again. I liked the book recommendation of Sweat Motivation as well- my next read.

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Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)

Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet)

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