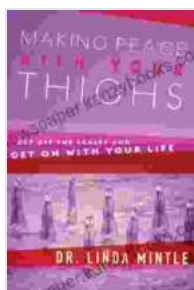


# Get Off The Scales And Get On With Your Life

## Are you tired of being a slave to the scale?

Do you want to finally break free from the cycle of dieting and weight gain? If so, then this book is for you.



## Making Peace With Your Thighs: Get Off the Scales and Get On with Your Life by Linda Mintle

★★★★☆ 4.4 out of 5

Language	: English
File size	: 557 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 210 pages



In \*Get Off The Scales And Get On With Your Life\*, author [Author's Name] shares her personal journey of weight loss and self-discovery. She will teach you how to:

- Lose weight and keep it off for good
- Overcome emotional eating
- Develop a healthy body image
- Live a life free from dieting and obsession

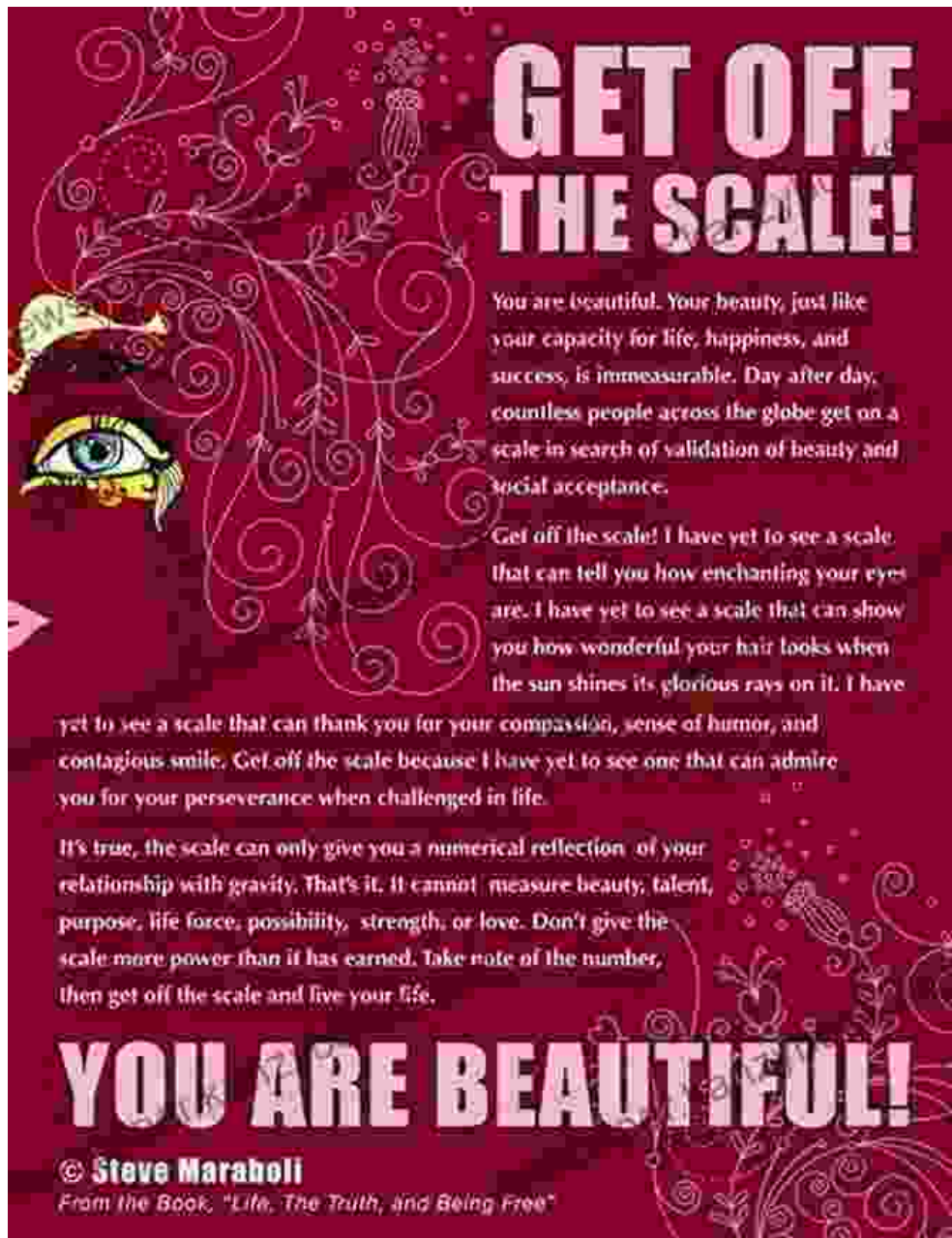
[Author's Name] has been where you are. She knows the struggle of being overweight and unhappy. She has tried every diet under the sun, only to regain the weight she lost. But she finally found a way to lose weight and keep it off for good. And she wants to share her secrets with you.

In this book, [Author's Name] will share:

- Her personal story of weight loss and self-discovery - The science of weight loss - The importance of mindset - How to overcome emotional eating - How to develop a healthy body image - How to live a life free from dieting and obsession

This book is not a quick fix. It is not a magic bullet. But it is a roadmap to a healthier, happier life. If you are ready to make a change, then this book is for you.

**Free Download your copy today!**



# GET OFF THE SCALE!

You are beautiful. Your beauty, just like your capacity for life, happiness, and success, is immeasurable. Day after day, countless people across the globe get on a scale in search of validation of beauty and social acceptance.

Get off the scale! I have yet to see a scale that can tell you how enchanting your eyes are. I have yet to see a scale that can show you how wonderful your hair looks when the sun shines its glorious rays on it. I have

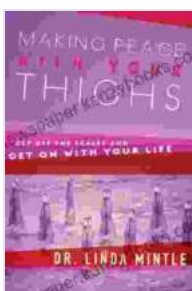
yet to see a scale that can thank you for your compassion, sense of humor, and contagious smile. Get off the scale because I have yet to see one that can admire you for your perseverance when challenged in life.

It's true, the scale can only give you a numerical reflection of your relationship with gravity. That's it. It cannot measure beauty, talent, purpose, life force, possibility, strength, or love. Don't give the scale more power than it has earned. Take note of the number, then get off the scale and live your life.

# YOU ARE BEAUTIFUL!

© Steve Maraboli

From the Book, "Life, The Truth, and Being Free"



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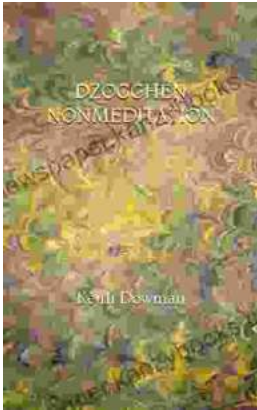
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