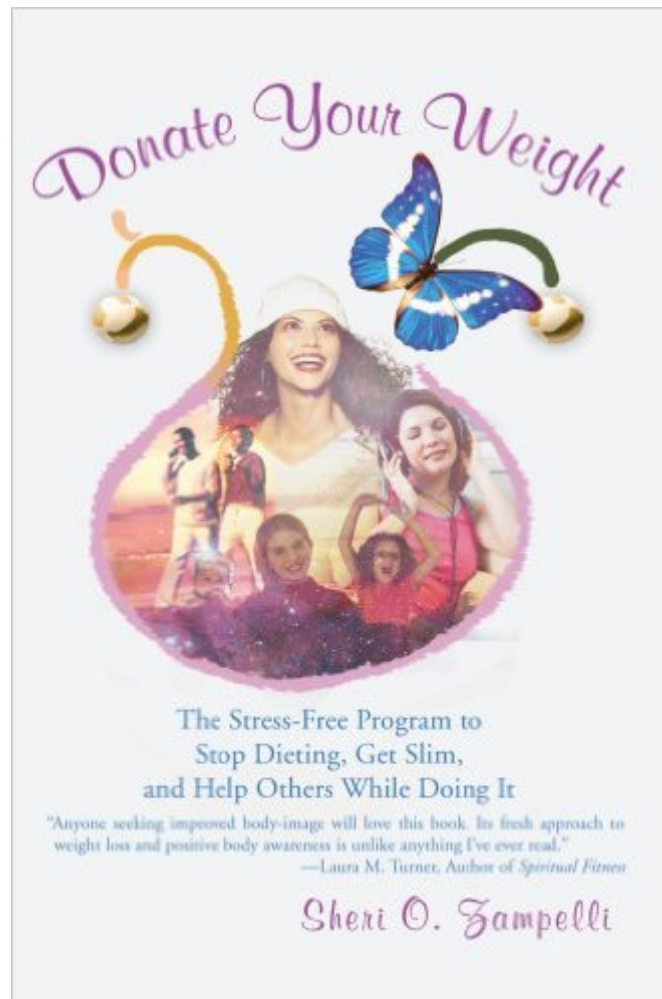


The book was found

Donate Your Weight: The Stress-Free Program To Stop Dieting, Get Slim, And Help Others While Doing It



Synopsis

Say good-bye to the pain and suffering of traditional dieting. With *Donate Your Weight*, you will healthfully arrive at your ideal weight with ease. There are no food plans and no crash diets. Instead, you focus on your attitudes about weight and self-talk as well as a healthy lifestyle. These changes allow you to eat anything in moderation, take good care of yourself, and feel great. *Donate Your Weight* is packed with the motivation to move from food obsession to food freedom. In a sensible, supportive way, Sheri O. Zampelli walks you through the challenges and obstacles to weight loss and shows how a change of attitude will set you on the right path. Zampelli outlines seven stress-free slimming strategies and shifts the focus away from weight loss to positive steps for creating a thinner, healthier you. Each time you use one of the slimming strategies, you celebrate your success by "donating" a small amount of money into a charity jar, which you'll eventually donate to a worthy cause. This radically successful approach to permanent weight loss will help you build healthy, lifelong habits, achieve your weight-reduction goals, and know all along that as you help yourself, you're also helping others.

Book Information

Paperback: 166 pages

Publisher: iUniverse, Inc. (February 18, 2008)

Language: English

ISBN-10: 0595465366

ISBN-13: 978-0595465361

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #4,424,331 in Books (See Top 100 in Books) #59 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #2078 in [Books > Self-Help > Hypnosis](#) #15616 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

Customer Reviews

Donate Your Weight: The Stress-Free Program to Stop Dieting, Get Slim, and Help Others While Doing It After years of frustration struggle, reading diet book after diet book that were later proven false, I got very discouraged and frustrated. Menopause, low thyroid, and some difficult life challenges made it impossible for me to lose weight, though I was eating healthy food and working out 5 or 6 times a week. Sheri's book really helped me shed my anxiety about food, conquer my

food rules, and get past my anger. It really made a difference for me. I highly recommend it to anyone who has forgotten how to trust your own body, and the wisdom inside. Her clever idea of donating your weight is a wonderful motivator.

Sheri understands that all addictions (including to food) are merely misguided attempts to achieve wholeness. Her book provides specific strategies to changing your mindset and bolstering your awareness that you are already whole and complete! Our enjoyment from eating comes not from the amount we can eat, but from consciously being aware of the taste in each bite. Donate Your Weight will help you lose weight, become healthier, and improve your life overall. The clarity you gain in becoming whole will help you avoid other addictions in your life also. Conscious eating leads to enjoyment! Christopher Westra

I really enjoyed talking with Sheri Zampelli about her book "Donate Your Weight" on Page [...] Sheri knows what she is talking about, and tells the reader in an easy to understand and put into action book and program. Her website is full of fantastic information ready to help anyone who is struggling with weight, as well as other issues. The book was easy to read, Sheri's style of writing is easy to follow. Plus, the content keeps you involved. You want to finish it and then start over, not to mention go check out all the free resources and other links she provides. Great job Sheri, thank you for writing such a great book.

[Download to continue reading...](#)

Donate Your Weight: The Stress-Free Program to Stop Dieting, Get Slim, and Help Others While Doing It Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free IIFYM: If it Fits Your Macros: The Ultimate Beginner's Guide (Flexible Dieting, Macro Based Dieting, For Weight Loss) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating,

Overeating and Dieting For Good, Get the Naturally Thin Body You Crave From the Inside Out How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook-Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Easy Breadmaking for Special Diets : Wheat-Free, Milk-And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre STRESS FREE LIVING How to manage your stress and understand what cause it: Get rid of anxiety for good (Build a Better Self Book 3) Prevention's Shortcuts to Big Weight Loss:Â Slim Your Belly, Butt, and Thighs--And Get Fit Twice as Fast Mediterranean Diet for Weight Loss: Eat Like a Spartan: Leverage Mediterranean Diet To Achieve Spartan-Like Health, Lose Weight, Get Fit, All While Eating ... (Mediterranean diet, Mediterranean recipes) South Beach Diet: A Beginners Guide For Using The South Beach Diet For Quick, Easy and Healthy Weight Loss (Dieting, Weight Loss, South Beach Diet, South ... Diet Cookbook, South Beach Diet Kindle)

[Dmca](#)