

J A Y N I X O N



THE OVERWEIGHT MIND

THE UNDENIABLE TRUTH BEHIND
WHY YOU'RE NOT LOSING WEIGHT

Jay Nixon

The Overweight Mind: The Undeniable Truth Behind Why You're Not Losing Weight



[continue reading](#)

You're Going to "Hit it Rich" In the main Lottery on Earth...What does it feel like to hit it rich in the globe of health and fitness? Does it mean improved rest? What about being able to walk longer, like a day trip at the lake, or simply keep up with the family on a lazy weekend? Health is prosperity, no way around it. What would better health mean to you, right now? Hold on to that answer, because this book will help you get to that destination. What does your health profit and loss statement really look like at the moment? Striking it abundant with health is always on your conditions. If things aren't as rosy as you desire them to be, you're not alone. For decades, medical and fitness industry has been promising you riches, but giving you pocket switch. Health is prosperity. The biggest mistake manufactured in the quest for better health isn't using your brain to the fullest. It's older. It's tiresome. It adjustments now. A Missing Piece, Right now Revealed Mainstream fitness applications have one main flaw: they only address one area of the greater health equation. Most importantly? You've probably come across things such as, "Lose 20 pounds in 20 days," "Assured 6-pack in 6 weeks," and "Drop three outfit sizes in four weeks! But what about your brain? Crash diets are only short-term, if they even just work at all. That's exactly what this book can help you understand. The people you share your lifestyle with are keeping you fat (even when they "sound happy for you") Your own closely-held beliefs are stretching your belt (and the rest of your wardrobe) The very thoughts that buzz noisily around your brain are slowly devouring your chances at being thin The everyday words you say are adding pounds and inches Habits you don't even think about are affecting your health When you select up, The Overweight Mind: The Undeniable Truth In back of Why YOU ARE NOT Losing Weight, you'll learn how: The mindset you build – or disassemble – affects your physical health (for better or worse! All of the crunches in the world can't move you towards the real gems of better health. The human brain has a lot more to do with weight loss and developing a healthier way of life than it may look at first glance. Get ready to get wealthy.) Beyond the Basics There's more to it than simply moving even more. It's all physical, with little variation: just move a little more, eat a little much less, and you'll be on your way to a huge health jackpot. No get slim quick schemes. No gimmicks." They are just some of the sneaky slogans that are siphoning aside valuable health dollars, sometimes right before your very eyes! Every single chapter in The Over weight Mind is made to showcase your brain's accurate potential and its own role in your bodyweight loss. So, let's get to the point: are you getting rich...or finding yourself struggling to hold your mind above water?



[continue reading](#)

I know the mechanics forward and backward." We am a veteran of darn near every weightloss program on the planet."Are you ready to be the person you've under no circumstances been? Everybody must read this book! also a sort 1 diabetic. So, why am I struggling to keep the weight loss off?? Everyone can gain insight & Mine hasn't embraced the procedure.. some take-aways from The Overweight Mind, even if you're a certified fitness instructor like I am... Love the process, fall in love with the journey and love reading Jay's incredible publication.never. Every diet plan was a means to the end result of lots on the level. Through the guidance and understanding of Jay and his publication, I have learned how to manage a lot more than what I am eating and just how much to exercise, but how to handle and respond to the triggers behind my weight loss failures of days gone by. I got so very much out of the book I purchased it for others and have already loaned mine out to a pal who was dying to learn it after I raved about it. The Overweight Brain is an chance to retrain your brain & develop a positive mindset aimed toward action and opportunity. This book is excellent - quick read and the point is you need to change your way of thinking. He is so i'm all over this when he says, "if you're not doing the work, you are struggling by choice." Jay's book can be an absolutely wonderful tool to help you do the task and get your mind in the proper place. I am reading it multiple instances as my brain needs the repetition & retooling of my belief in myself and this process. The things he said in the book are the things he talks to us about constantly. Even though I examine them to see what's out there, I'm also leery of (and weary of) "fitness" books. Look over it and re-read everyday. Today is the day time to take the initial step towards a better you!! I craved the structure and accountability this reserve offered me, and also the massively important searching inward to examine my own life, habits, and choices. This reserve is perfect platform with practical guidelines on the way to implement and transform your life as well.. My overweight mind was the root cause of all of my unsuccessful weight reduction tries. "Your beliefs matter. Reading this book and focusing on the Whys and the Musts you will ever have, you will be successful and make a life style change for a better you! You won't be disappointed. Everyone needs this publication!! I highly recommend this publication. This is actually the tool everyone requirements. EASILY finish it and transformation my mind, I'll upgrade this review. It would work for a while, then I'll put on the weight back. Not until I joined Jay's Thrive Tribe do I discover ways to modify my mindset and understand that I need a lifestyle change, not a diet. I lost pounds following Jay's information and working out at Thrive Fitness Studio and have held it off for 24 months now and it's really not coming back! Many thanks Jay from underneath of my heart!but has opened my eyes to things I hadn't realized that I was doing to sabotage my weight loss efforts. I'm also pleased that it is now available to everyone! Our brain is really the most important piece of the puzzle in losing the pounds and keeping it off. There's so much garbage that's passing as solid health details. I am an RN & I'm going to be permanently grateful to Jay for all that he's taught me and is definitely continuing to instruct me. This book is excellent - quick read and the main point is you will need . Now, I recognize that I'm worth it and I too could work hard and see results! I want to thank him for all the knowledge, patience, and drive that I've needed over the past 4+ months. I have turn into a better person today because of Jay I have already been blessed to have Jay Nixon as a trainer and to become a part of the Thrive Tribe. I am in the Thrive Tribe for 14 weeks today and words cannot express how much Jay and his plan have done for me. Not merely have I lost 24 pounds, I have become a better person today because of Jay, his assistance, the Tribe, and Jay's book-The Over weight Mind. MANY THANKS to Infinity and Beyond, Jay! I will always be grateful for you! Dee Otero Actual change happens with true discipline and when we're able to overcome more than only poor diet plan – we must

overcome t This book is a winner! It's really all about your mindset. Jay Nixon and his publication, The Overweight Brain, are wonderful and essential tools on the journey to excellent health. Fitness is an INSIDE job, thanks for the continued motivation and feeding the desire to have personal growth in the process Jay... :-)

THE OVERWEIGHT Brain: The Undeniable Truth Behind Why YOU ARE NOT Losing Weight I'm in best shape of my life physically What an insightful and thought-provoking book. Not merely does Jay talk about the physical element including health and nourishment, he also layers in the significance of the mind and spirit components as well. THEREFORE I was completely surprised and thrilled with not merely how quickly I was hooked, and how well written this book is normally, but also the "real-deal" information this book contains. My mind usually played a major role in my own downfall, but I've discovered to become stronger also to transformation my mindset in a positive method with everything in my own life. I'm in best shape of my life physically, mentally, and spiritually and it's only getting better. I have battled weight problems my entire life and been on every fad diet there is. Rather than simply waking up every day going right through the motions without a purpose, I understand have my "why" thanks to Jay, this reserve, and the Thrive Tribe. I recommend you invest in yourself and be a part of our Circle of Success. Something to become gained for everybody inside this book!

Wow, as someone who is seemingly quite fit, I was intrigued by all the buzz about this reserve. I understood Jay's credentials and proven track record for success, therefore i thought it couldn't heard to learn. I was blown away, could not put it down and actually found myself looking forward to the actionable steps at the end of each chapter. This book is a life changer!" says Jay. That effective engine most of us have, our mind.. The content is easy to digest and the testimonials that he included from real clients who have journeyed with him are really powerful!

Truth This book is a game changer. So many realizations.! Gets to the heart of overeating! This book is the beginning of changing one's life for the better. Jay Nixon understands The Obese Mind and would like to help us who've struggled with food problems permanently to conquer this and improve all areas of becoming the person we have been designed to be. I highly recommend this book. Good points about focus and positive thinking, replacing bad habits with good, however, not totally original Not really overly impressed. He makes one major point in you need to focus on exactly why you wish to improve yourself actually so you will have the ability to stay on monitor and it will become a way of life, not a diet plan. The rest is approximately positive thoughts, activities and habits (replacing a bad habit with a good one), etc. which is good, but nothing new. Honestly, I got about half method through and stopped reading it since it got repetitive. As being a lot of people out there I have tried all of the fad diets known to man. I really like the "actionable actions" that help a person take the information and let it really hit home. You won't regret acquiring that first step to changing your daily life forever! Because the title suggests, it really is about philosophy, not actual mechanics. This book is a must read for anyone who has ... This book is a must read for anyone who has tried to lose excess weight previously and has not succeeded. Real switch happens with real self-discipline and when we're able to overcome more than just poor eating habits – we should overcome the drivers of those poor decisions. Today I am passing on what I've discovered to my kids... I have already been a part of Jay's Tribe since February of 2017. Still reading it. I purchased the Kindle Edition and just eventually have a signed paperback copy too (not for sale). It wasn't until I realized that the reason I wasn't losing weight and keeping it off was because of what was occurring in my mind. but has opened up my ... Still reading it.. This is just what I train my in-person clients, and much like issues I post on my blog page. I'm happy it's in a book form right now and I can go back and re-examine it when I need a reminder... The best Fitness book I've read in an extremely long time

(from a personal trainer/blogger). I came across this book in several ways: as a personal trainer constantly looking for tools to share with my clients, so when somebody who has lost 100 pounds and kept it off, but who still includes a very stubborn 15-20 pounds to move! I know those who have experienced gastric bypass and liposuction and finished up gaining all the weight back because they never changed their mindset. I expected this book to be in the same category: wonderful thought, but really sort of ineffective and/or dangerous. I personally understand how transformational Jay's system is usually when congruent with brain, body, and spirit including aligning our phrases, thoughts, and behaviors.. But it's created in a way that will make feeling to my clients, and to many looking for actual answers. Awesome This book is filled with truth that is applicable to all regions of life. Besides, Nixon's examples of his concepts are completely spot on!



[continue reading](#)

download The Overweight Mind: The Undeniable Truth Behind Why You're Not Losing Weight ebook

download The Overweight Mind: The Undeniable Truth Behind Why You're Not Losing Weight ebook

[download free Coconut Oil Handbook: Unlock the Secrets of Coconut Oil to Lose Weight, Beautify, Heal, and Detox \(The Handbook on Coconut Oil for Skin, Hair Loss, Health, and More\) e-book](#)

[download Million Dollar Habits: 27 Powerful Habits to Wire Your Mind For Success, Become Truly Happy, and Achieve Financial Freedom epub](#)

[download free MUA Face Charts Portfolio Workbook for Makeup Artists: Athena Version txt](#)