

Foreword by LINDAJOY ROSE, PHD

# *Eat the* BERRIES

Weight Loss  
*for Busy Moms*



Jamie Hernandez, M.A.

DP

Jamie Hernandez

## Eat the Berries: Weight Loss for Busy Moms



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ARE YOU SICK AND TIRED OF CARRYING AROUND THAT BABY WEIGHT SIX MONTHS OR EVEN SIX YEARS LATER?t work out how to lose them while still being a mom?How about me? Her book, Eat the Berries: Weight Loss for Busy Mothers, will teach you how to make small, practical lifestyle changes that match your schedule so you can have lasting results! Are you still having those extra 10, 20, or even 100-plus pounds but you can' Did you have a baby and wonder "s do that!" After reading Eat the Berries, you will be able to:Create an eating plan that functions for you as well as your life-style as a mother Find exercise that is fun and exciting and that you'll actually want to doReach your goal pounds and stay thereLearn healthful habits and make sure they are stickBe who you are meant to beEat the Berries can not only train you how exactly to use meals and exercise to accomplish your weight loss goals, but how to get your mind to work for you along the way. Who runs the globe? Let' Strong mothers, and you are one of these. Are you ready to try something fresh, and get new outcomes? Mothers! Jamie Hernandez helps moms just like you lose the pounds and feel great.



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Well, that is not the case. Great Book; Great read! If you asked me to spell it out Jamie Hernandez's book, "Eat the Berries, Weight Reduction for Busy Moms," in a single word I would claim, "exuberant!" If you want to, or have to lose fat, this is the perfect publication for you because Jamie is the real offer. "Eat the Berries, Weight Reduction for Busy Moms" isn't just a good book, it is a sensational one. She gets your interest in the initial paragraph and holds onto it all the way to the end. Eat the Berries - Weight Reduction for Busy Moms takes a holistic approach to weight loss for ladies. In one fell swoop, Jamie wipes apart the excuses and provides you solid reasons why you need to lose weight; apparent and easy steps to check out; < recipes for planning; I just finished reading "Eat the Berries" by Jamie Hernandez, which is targeted at mothers who wish to lose pounds. I was among the mothers who believed that what my kids ate was more essential than what I ate. By the time Jamie finishes the construct of her crystal-clear weight loss program, you'll want to jump online and order everything she discusses from exercise machines to sprouted grain rice cakes. Even discusses hypnotism and meditation as realistic solutions in addition to diet and exercise. She provides a few anecdotes about herself, but what she would like to accomplish is your health, your well-being as well as your vim and vigor so that you can be the best parent for your kids. She even shows you how you can established the example for your children for healthy eating and physical activity; the lessons which will last them an extended and healthy life time. She knows her stuff, she's well-educated and her compelling composing style makes the book virtually impossible to put down. For anyone who wants to take charge of their lifestyle and their health, purchase this book and apply it immediately. What can I say about this amazing publication! This is what this book is all about! It will go to the very best of my list for superb reading and self-help in 2018. The book is a real winner, and you will be too. Eat the Berries is a book written by a mother of four small children who wants only to greatly help other moms end up being the best they may be both physically and mentally. Kac Little Ph.D., N. Our kids study from example and I want and have to be an improved example for my ladies. A lot of us are guilty of the "do as I say, much less I do" approach to looking after our families. Great and easy read for us busy mothers! And I was incorrect! she is suggesting you to love yourself and take care of your mind and body When I first heard about the title of this book, I thought it had been a book about the diet of berries. No-Nonsense, Effective and Achievable Results. This is such an excellent book whether you certainly are a novice to healthful eating or need a reminder what to do after babies! but more importantly, she actually is suggesting you to love yourself and take care of your brain and body, which for mothers, is more essential than anything else. It's an energetic ride through the fields of weight loss, former mistakes, barriers and, like the energetic filly she actually is, she jumps those hurdles with the finesse of a blue-ribbon thoroughbred. H. That belief gradually led to problems, until 1 day I decided to put my desires initial. This book is a must-read for all moms, and even women who anticipate becoming moms. It can help you avoid a whole lot of unnecessary errors and cause you to not only the very best mom you can be, but the best self you may be. An extremely informative book on diet, exercise and the power of positive thinking! all the while coaching you like a cheerleader towards your end goal. I found the publication to be extremely informative in diet, exercise and the power of positive thinking. It's all the details needed to transform you to ultimately a new you. We am not really a mother nor do I've a weight problem, but I found that the information within this book may also be very useful to women, generally, who want to maintain a healthy body and mind. We am certainly going to incorporatethese suggestions into my daily routine to enhance my overall health - exercise, diet plan and a wholesome and more positive outlook about myself. We are what we eat, and there is

nothing impossible if we put our thoughts to it. I must say I believe this book could change just how America looks and feels. I very recommend this reserve to every woman away there, whether dieting or not. It'll transform you right into a new you!! Jamie teaches mothers how important it is to put ourselves first. Something I stopped once I became a mother four years ago. So helpful! Jamie tells you how to do that. This is more than a what to eat book, but a reserve on how our brain and eating interact, We need to erase what can't, not and no, to a more positive types. Jamie made me realize how accurate that really is. I cannot recommend this publication enough. All moms have to read this and figure out how to make themselves important again. We've got to model good behavior for our kids! From the initial bell out from the gate, Jamie goes on a galloping ride through the challenges busy moms face, time crunches, pressures and reasons not to focus on themselves. This book offers simple ideas that may make a big effect on you and your family! I love that she's emphasized the need for modeling healthy behaviors for your children., D. This book points out the incredible disservice we perform, not only to ourselves, but to your children, as well, if we don't take care of ourselves. Everyone can follow this basic but logic advise to live a wholesome and happy lifestyle! I'm totally motivated! Jamie shares with interest her goals of lifestyle, taking each day to consume healthy, exercise, and take care of yourself in order that families and children can reap the benefits of a well rounded, spiritually grounded mother. Jamie shares dishes for delicious smoothies that are both easy to create and above all, healthy to consume! Eat the Berries can be an easy go through and as you go through the pages, it really is apparent that Jamie is an extremely caring and loving mom who would like to give others the chance to feel good about themselves on a daily basis! Excellent Ideas! Author really has learned her stuff! Mostly personal anecdotes Reads such as a long mother blog post loaded with personal anecdotes from a person who functions in a field related to health and wellness. Jamie focuses her details you. To save you a while --- the book says take care of yourself like you look after your kids, and don't forget to exercise. Simple tips that will make a big influence! This publication helped me figure out what I needed to do on a number of different levels. Jamie Hernandez, will help you nurture your brain, body and soul. Weaving references to brain, body, and spirit, Hernandez not only recognizes the necessity to consider all three, but outlines actionable guidelines to undertake in ones weight reduction journey. I truly believe a healthy mother makes for a wholesome family. Loved this book! I have less time and the things that worked well before were no longer working. Eat the Berries is for all the mamas (or any woman) out now there who feel stressed out, have neglected their needs for way too longer and are prepared to start leading a healthier lifestyle. Busy moms, especially those over 40, will gain many helpful tips out of this book. Its a must read! Great Reminder what we have to be doing after kiddos! Great Book for Busy Moms This book was easy to read and full of great information. After hitting 40 losing weight was so much harder. Wow!! Not only do you want to feel better and be healthier, but so will your entire family members. Before I had my child I ate the berries! Now being truly a mom for three years everything has shifted into my child and her actions. This reserve opened my brain to make me realize that I really do need to take time for myself and create a plan that may leave my legacy to my child. Yes, the author suggests you to consume berries;!!C.! a listing of foods to consume;!3 Alicia Gutierrez Good read! This book was very informative with the emphasis on being who you are as a Mother and a woman and great ways to take care of the complete package. Very good read!!!



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