



# Maximize Your Body Potential Lifetime Skills For Successful Weight Management

**Joyce D. Nash**



## **Maximize Your Body Potential Lifetime Skills For Successful Weight Management:**

**The New Maximize Your Body Potential** Joyce D. Nash, 1997 This bestselling guide now offered in an updated second edition helps readers create a personalized approach to lifetime weight management With self tests checklists and forms it shows how to make a commitment set realistic goals design an individualized exercise and eating program and more The most helpful book on lifetime weight management Journal of Nutrition Education Illustrations charts *Maximize Your Body Potential* Joyce D. Nash, 2021-10-05 Over 100 000 copies sold Winner of the American Medical Writers Association Award In one book here are all of the tools that anyone can use to adopt a healthy lifestyle and manage body weight Using self tests checklists and fill in forms *Maximize Your Body Potential* shows the reader how to increase motivation how to set realistic goals and how to design an individualized exercise and eating program With the unique information that is developed by the reader and the basic material drawn from so many resources by Dr Joyce Nash it is possible for anyone to create a program that is unique and individual *Maximize Your Body Potential* goes beyond diet and exercise to address behavior patterns and the psychological components that all have a role to play in success that can lead to long term weight management and a healthy lifestyle

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