



Fat No More, Release the Subconscious Blocks that prevent your Weight Loss

Marilyn Stompler, MBA

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If you struggle with losing weight, or if you lose weight but always gain it back, it is important for you to read this book. Losing weight is not just about dieting or exercising as proved by the countless number of failed diets and exercise programs. First, you need to identify and let go of the many Mental, Emotional, Subconscious, and Spiritual blocks, also called M.E.S.S. blocks that prevent you from losing weight. These blocks are the limiting beliefs, thoughts, or fears that prevent your weight loss. Fat No More includes approximately 888 M.E.S.S. blocks to weight loss. If you do not let go of these M.E.S.S. blocks, you will continue to have an extremely hard time losing weight and, if you do succeed, you will gain the weight back. The focus of Fat No More is to help you identify and let go of your own M.E.S.S. blocks to weight loss.

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