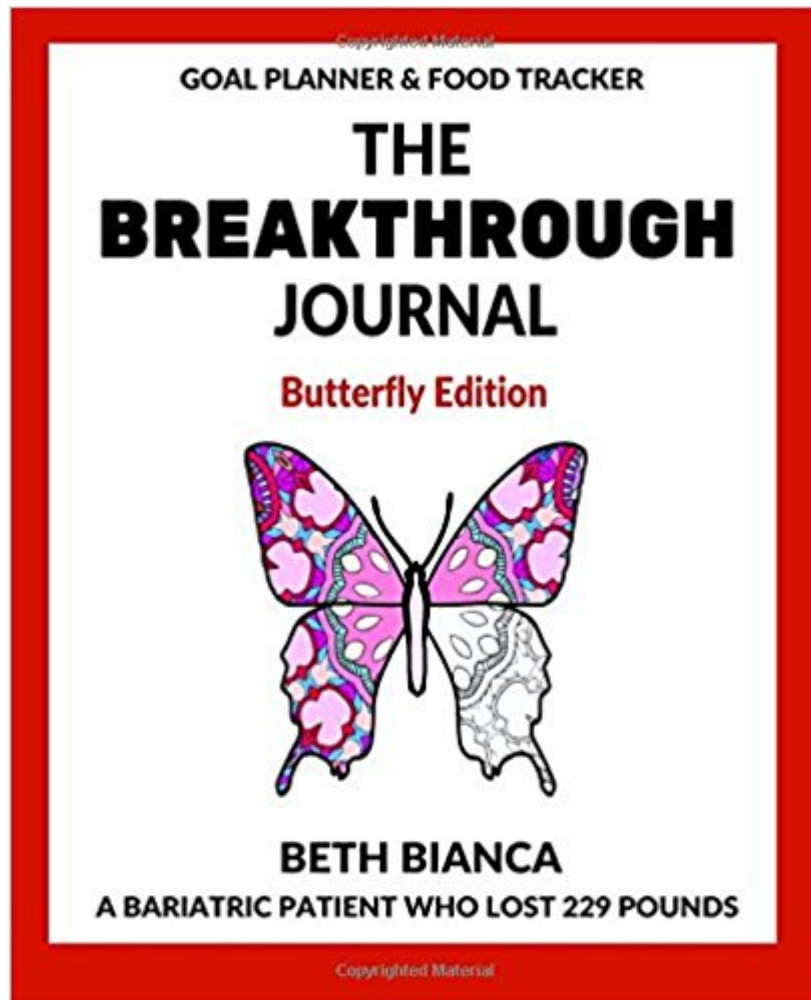




The book was found

The Breakthrough Journal: Butterfly Edition (Volume 1)



Synopsis

Lay the Foundation for Bariatric Surgery Success by Changing One Behavior Over the Next 12 Weeks. Discover Your Ability to Create Permanent Results in Your Life Are you feeling frustrated with your lack of results? Tired of the emotional, weight-loss roller coaster ride? Do you wonder if youâ™ll ever reach your goal weight, even after having weight-loss surgery? Sadly, many bariatric patients do not reach their weight-loss goals, or they end up regaining some or all of their weight. But, it doesnâ™t have to be that way. The Breakthrough Journal was created by a bariatric patient who weighed 394 pounds at her first surgery consultation. Beth Bianca knows the struggles of having to lose a large amount of weight. She knows about the doubt, pain and emotional issues involved with being morbidly obese. However, after having bariatric surgery, Beth discovered the key to unlocking her old thoughts and food behaviors. She lost 229 pounds. And, now she is passionate about helping other bariatric patients win the mind games associated with weight-loss surgery. This interactive journal is designed to guide you step by step to identifying your life changing Breakthrough Goal. Plus, it will be your accountability companion for the next 12 weeks as you build new healthy habits and lay the foundation for long-term success, all while being fun and rewarding. Inside you will learn: The Bariatric Basics that Beth used to lose and maintain her 229-pound weight loss. How one simple activity can nearly double your weight-loss results. A fun way to curb food cravings and head hunger while relieving stress. Plus, it includes: Worksheets to guide you step-by-step with choosing your Breakthrough Goal for maximizing your 12-week results. Motivational quotes handpicked by Beth Bianca for each day of your 12-week transformation. Quotes that will inspire your day with positive expectations. Food logs specifically designed for bariatric patients to help you stay focused on meeting the daily essentials for a healthy and happy life. A powerful affirmation to repeat daily for building your confidence, self-esteem, and self-image. Daily, weekly and monthly reviews to evaluate your progress and stay focused on achieving your Breakthrough Goal. A different butterfly coloring page for each day of your 12-week transformation which can be used as motivation and/or for relaxation. The Breakthrough Journal is a hands-on, multi-faceted guide to transforming your life during the next 12 weeks. Reveal Your Inner Butterfly. Ready to get started? Order your copy of The Breakthrough Journal. Scroll to the top of the page and click on the "Add to Cart" button now.

Book Information

Series: The Breakthrough Journal

Paperback: 224 pages

Publisher: Blue Pluto Publishing; 1 edition (March 23, 2017)

Language: English

ISBN-10: 0692858687

ISBN-13: 978-0692858684

Product Dimensions: 7.5 x 0.5 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 23 customer reviews

Best Sellers Rank: #297,811 in Books (See Top 100 in Books) #35 in Books > Medical Books > Medicine > Internal Medicine > Bariatrics

Customer Reviews

Beth Bianca is a bariatric patient who lost 229 pounds. She is the founder of LadiesInWeighting.com, the author of Mindset Breakthrough: Achieve Weight-Loss Surgery Success, and a contributing author to the Huffington Post. After weighing 394 pounds and becoming riddled with health issues, Beth received a second chance at life by having weight-loss surgery. She is passionate about sharing the lessons she has learned and providing support to other bariatric patients. Beth is a Certified Life Coach and Lifestyle & Weight Management Specialist. You can find her at BethBianca.com and connect with her on Facebook.com/BethBianca.Author/

Love this handbook! Not only does this journal focus your efforts, but does so in a cheery manner with easy to follow and apply basics. Beth has had the real-life experience and knows first hand what it takes to be successful and thrive after weight loss surgery. Beth also has experience coaching people on their journey and knows what works. So thankful she has put her thoughts and research down on paper so we can also benefit from her experience! (I received a free copy of this book in exchange for my honest review.)

This is a must read book for anyone trying to lose weight. Beth has insight and first-hand experience with losing weight. She also is currently offering an online weekly talk on each paragraph. There is also a journal you can purchase separately.

Excellent help in changing my eating habits in preparation for gastric by pass surgery. Buy the book and the journal to help you make new more beneficial habits. I feel this book can be used for any habit you need to change or to make....excellent book!

Awesome workbook goes hand in hand with the book. It is helping me set goals.

Super helpful in my journey. There's all sorts of things to track and keep focused on.

This journal has encouraged me and renewed my ability to log and stay focused on my bariatric basics. I highly recommend it.

Love it!

Great book and great support group ***** stars!

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

The Breakthrough Journal: Butterfly Edition (Volume 1) Bullet Journal: 150 Pages Cactus Pattern Dotted Journal - 8"x10" (Bullet Journal Notebook) - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 1) Bullet Journal: Cactus Green Dotted Journal - 150 Pages (Size 8"x10") - Bullet Journal Notebook - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 2) Jordan River Baptism Site: Journal, Diary, Notebook - Blank, Lined, 6 x 9 - Memoir Journal, Prayer Journal, Travel Journal (Israel Series) (Volume 3) Bullet Journal: Dot Bullet Journal; Small Blank Dot Grid Journal for Women; (5.25 x 8 in.) -blank dotted pages for Diary, Planner, Calligraphy, Hand ... Journal and Notebook Collection) (Volume 1) Relaxing Butterfly Patterns: Butterfly Adult Coloring Books BUTTERFLY GARDEN:: Butterfly garden is about Butterflies types, flowers that attract butterflies, hummingbird facts and pictures. Butterfly Garden: Butterfly types, flowers that attract butterflies and hummingbirds Stokes Butterfly Book : The Complete Guide to Butterfly Gardening, Identification, and Behavior Monarch Butterfly, Monarch Butterfly Migration, Facts, Life Cycle, What Do They Eat, Habitat, Anatomy, Breeding, Milkweed, Predators What Customers Want: Using Outcome-Driven Innovation to Create Breakthrough Products and Services: Using Outcome-Driven Innovation to Create Breakthrough ... (Marketing/Sales/Advertising & Promotion) Not All Those Who Wander Are Lost: Notebook- Small Blank Lined Notebook; Travel Journal; Traveller's Notebook; Study Abroad Journal; Vacation Journal; ... Journal; (Travel Journals and Notebooks) Bullet Blue Journal: Bullet Grid Journal Blue Polka Dots, Large (8 x 10), 150 Dotted Pages, Medium Spaced, Soft Cover (Vintage Dot Grid Journal Large) (Volume 6) Bullet Gold Journal: Bullet Grid Journal Gold Polka Dots, Large (8 x 10), 150 Dotted Pages, Medium Spaced, Soft Cover (Vintage Dot Grid Journal Large) (Volume 11) Bullet Gray Journal: Bullet Grid Journal Gray Polka Dots, Large (8 x

10), 150 Dotted Pages, Medium Spaced, Soft Cover (Vintage Dot Grid Journal Large) (Volume 7) Bullet Black Journal: Bullet Grid Journal Black Polka Dots, A4 (8.27 x 11.69), 150 Dotted Pages, Wide Spaced, Soft Cover (Vintage Dot Grid Journal A4) (Volume 9) Bullet Journal: Pineapple and Flower - Blank Dotted Notebook 150 Pages(8"x10") - Dot Journal: Bullet Journal Notebook (Volume 7) Bullet Journal: Wood Notebook Dotted Grid, 5,5"x 8,5": Dot Grid Journal, Design Book, Planner, Dotted Notebook, Work Book, Sketch Book, Math Book, 5mm ... paper) (Dotted Journal Notebooks) (Volume 28) Bullet Gold Journal: Bullet Grid Journal Gold Polka Dots, Small (5 x 8), 150 Dotted Pages, Narrow Spaced, Soft Cover (Vintage Dot Grid Journal Small) (Volume 11) Bullet Colorful Journal: Bullet Grid Journal Colorful Polka Dots, Square (8.5 x 8.5), 150 Dotted Pages, Medium Spaced, Soft Cover (Vintage Dot Grid Journal Square) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)