



# Motivational Quotes for Weight Loss: Weight Loss Inspiration for the Motivationally-Challenged

*Emma Adams*

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## **Motivational Quotes for Weight Loss: Weight Loss Inspiration for the Motivationally-Challenged**

Emma Adams

Weight loss is a national obsession in the United States. With 68% of American adults in the overweight category, it is most likely that you too are here to drop some pounds.

And, it is not easy to lose weight. Staying motivated takes some extra infusions of inspiration and motivation. That's where "Motivational Quotes for Weight Loss: Weight Loss Inspiration for the Motivationally-Challenged" comes in for you.

This book is your weight loss buddy, your cheering section, your supporter. You get 88 of the best motivational quotes of the day with powerful images, for inspirational encouragement to stay with your program, whatever diet plan you are following. Because you matter.

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