



Eat Right For Your Archetype: The Modern Woman's Guide to Lasting Weight Loss & Food Freedom Without Dieting

Melissa Kathryn

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You've lost weight before, but why can't you keep it off? In this book, you'll identify your personal archetype to learn the best plan for you to achieve your ideal weight without dieting. Through this discovery, you will unblock repeat patterns that are keeping you stuck, end self-sabotage and heal yourself of emotional eating and yo-yo dieting to become the best version of you.

Now you are going to identify your personal Archetype to learn the best plan for you to achieve your ideal weight without dieting.

Through this discovery, you will unblock repeated patterns that are keeping you stuck. You will end self-sabotage, and heal yourself of emotional eating and yo-yo dieting. And you will begin to lose weight easily, keep it off, and free yourself to become the best version of you.

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