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I Know What to Do, I Just Don't Do It: How to Break Free from the Lies that Keep You Frustrated, Overweight, and Out of Shape

Sue Markovitch

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I Know What to Do, I Just Don't Do It is for women who have spent a lifetime dieting or at weight-loss meetings but are nowhere closer to their goal weight than they were ten, twenty, or thirty years ago. The saboteur seems to lurk at every Monday morning attempt to change. "I know what to do, but I just don't do it" What's going on here? The issue for many of us is much deeper than what a diet or program can fix. That is because being frustrated, overweight, and out of shape is a symptom of being disconnected from the truth and our true selves. Sue Markovitch takes us through the false beliefs that keep us stuck and replaces them with the truth about who we really are. We are encouraged to change for good, not by finally finding the right diet, program, or other means of control, but by making the shift from lies to truth.

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