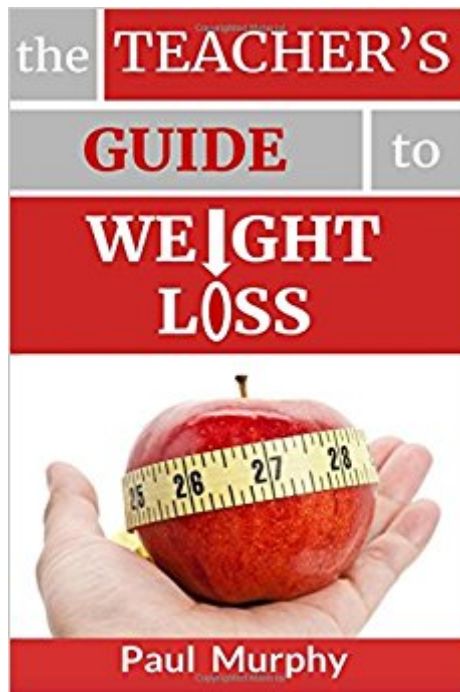




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# The Teacher's Guide To Weight Loss



## Synopsis

Would you like to lose weight? Do the demands of teaching leave you too tired to exercise? Do you crave unhealthy food after a long day at school? Teachers work hard. We spend so much energy on our students that sometimes we don't have much left for ourselves. Staying healthy as a teacher is hard to do. But you can do it! Any teacher can exercise, eat well, and come to work with a positive attitude and more energy than they ever have before. They plan for success and target just a few powerful habits. The Teacher's Guide to Weight Loss will show you how to:

- Plan ahead to avoid temptations
- Remove common barriers to weight loss progress
- Leverage "power habits" to effortlessly install new healthy routines
- Use psychology to automate better decisions

Paul Murphy has 17 years of teaching experience. He understands the unique challenges teachers face when trying to lose weight. He's struggled with them himself and wants to share what has worked for him. The Teacher's Guide to Weight Loss doesn't offer a trendy new diet. It won't provide meal plans full of recipes you'll never prepare. It doesn't pretend that weight loss is easy. It does:

- Give you concrete plans that get results.
- Share how to overcome the challenges that every teacher faces
- Show you how changing just a few critical habits can lead to the weight loss breakthrough you've been searching for
- Offer research-based solutions
- Actually work

Buy it now and start dropping pounds today!

## Book Information

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Average Customer Review: 5.0 out of 5 stars 7 customer reviews

Best Sellers Rank: #291,033 in Books (See Top 100 in Books) #51 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention

## Customer Reviews

Paul Murphy is a third grade teacher in Michigan with 17 years of experience. His books focus on improving the lives of teachers, both inside the classroom and out. He enjoys reading, writing,

travel, exercise, and Cheetos. His feet are perpetually cold, he bites his nails, and he regularly (and almost instinctively at this point) changes the lyrics to songs to make them more inappropriate, much to the chagrin of his wife and daughter. You're still reading? Why? Well then, in that case, there are a few good things about him. He does all of his family's grocery shopping, he rarely exceeds his monthly budget, and he's only had two cavities and one speeding ticket in his life.

This book was an easy read, chocked full of strategies and ideas to help teachers, as well as other professionals who are struggling with weightloss. The author does an excellent job of relating to his readers by giving personal experiences and following up with strategies that have worked for him. I loved this book and would recommend it to anyone looking for ideas to help with weight loss both at home and in the workplace.

This book makes SO much sense! I haven't started using the strategies yet, but many of them resonate with things I already do to some degree or have done before. Great info!

If you are looking for a no-nonsense book with great information this is it. Teachers and other school staff members will find it very relatable, but the information can also cross over to other professions. You may not have a teacher's lounge, but instead have an employee break room. The Teacher's Guide to Weight Loss is filled with many easy to follow tips to help shed those unwanted pounds. Good read.

It's a nice change to read something NOT written by a trainer whose never struggled with weight loss. There were some definite new ideas about going about it that already fit a teacher's lifestyle. And I very much enjoy Murphy's humour :)

My weight loss journey has always been difficult because of the stress and schedule of teaching. The author offers very specific tips uniquely designed for teachers. Very, very helpful!!!!

Great book, easy read, with humorous, practical tips.

My favorite tip is plan to regain some weight, enjoy the cakes and then lose the weight again. I liked the book recommendation of Sweat Motivation as well- my next read.

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Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips)

ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1)

Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)

Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet)

Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor)

Teacher Notebook: An Awesome Teacher Is ~ Journal or Planner for Teacher Gift: Great for Teacher Appreciation/Thank You/Retirement/Year End Gift (Inspirational Notebooks for Teachers) (Volume 2)

Teacher Notebook: I'm a Teacher ~ Journal or Planner for Teacher Gift: Great for Teacher Appreciation/Thank You/Retirement/Year End Gift (Inspirational Notebooks for Teachers) (Volume 4)

Ultimate Weight Loss Smart Points Beginner's Guide: Everything You Need to Know for Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips, 30 Day Meal Plan, and Recipes)

Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness)

The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book)

Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss)

The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide

Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1)

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Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes, Juicer Recipes Book, Juicer Books, Juicer Recipes, Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103)

Slow Carb Recipes: Simple

Weight Loss Recipes To Lose 20 Pounds in 30 Days and Increase Energy Without Exercise!:

Weight Loss Recipes (Slow Carb Weight Loss Book 1) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1)

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