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# 8 To Your Ideal Weight: Release Your Weight & Restore Your Power In 8 Weeks



RELEASE YOUR WEIGHT &  
RESTORE YOUR POWER IN 8 WEEKS

**MK MUELLER**

Foreword by **Pam Grout**  
New York Times bestselling author of **E-Squared**



## Synopsis

Get real, get healthy, get empowered with MK Mueller's time-tested approach to reaching your ideal weight. Time-tested sugar free diet plan for reaching your ideal weight and finding that feeling of high self-esteem: Why do most diets fail? Because mental preparation is the most important first step and the majority of diets simply call for calorie restriction and food changes without the essential mind body connection that ensures success. The mind body connection: Author MK Mueller's journey to her ideal weight was 40 years in the making with a trail of unsuccessful diets in her wake. It is very much about the mind body connection. Her sugar free diet, tried and true methodology is based on an 8 step program that will help you reach your ideal weight goals. And, most importantly, stay there. With her encouragement and gentle guidance, you can let go of the burden of living life as a weight number and reclaim your self-esteem and personal power. Transformation: MK Mueller's program is not about losing weight but "releasing" pounds that no longer serve you and hold you back by dragging you down and making you feel bad about yourself and vulnerable to health risks. Adjust your attitude first, then adjust the way you eat. MK Mueller's 8 steps to ideal weight will help you achieve your goals and motivate you to keep going. The 8 to Your Ideal Weight sugar free diet plan outlined in MK Mueller's breakthrough book will reshape your body. It offers you nothing less than transformation. Heal the root cause of overeating. Restore your energy. Reboot your life.

## Book Information

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## Customer Reviews

MK Mueller is awesome. I am on this program and it is life changing.

This awesome book is a no brainer for anyone wanting to lose weight! I absolutely loved this book and couldn't put it down! MK Mueller is so inspiring, and focuses on a simple food program + a positive mindset as the key to not just releasing weight, but anything you want. Not only have I released my sugar addiction and released weight easily with NO hunger , I've watched women (and men) release 30, 40, 50 and 60 lbs. with no sugar cravings!!! I love MK's easy to follow 8-steps on how to be healthier AND happier. I encourage everyone to join this growing community by getting the book and see for yourself that just 8 weeks of your life could change the rest of your life!!

Were you duped, like I was, into following a low fat diet? Or told that all you have to do to lose weight is eat fewer calories than you expend? If you tried it all, like I did, and are still looking for the solution to your weight troubles, then this book is for you! It gets right to the heart of why you obsess over food, why you might be holding onto your extra weight and gives you a proven process for ending the battle with your weight for good! I have released 50 pounds and intend to reach my IdealWeight this year! Using this 8 Step Process won't just transform your body, but will change every aspect of your life! So stop hiding behind that layer of fat and come out and live the life of your dreams!

This life changing process is simply the best out there. For 40 years I've been overeating, then starving myself in attempt to rid the excess weight. I tried low fat, counting calories, diet shakes and vitamins, jogging 4 miles a day, and more. The last 7 years it just didn't come off and slowly I'd gained 20lbs. My feet ached, my stomach was lumpy, I had gall bladder issues, I was tired and lacked confidence. I had forgotten how to dream. My clothes were stretched as far as they could go and I wore black and jackets to hide what spilled over. I wasn't sleeping well and I said to myself, "people only used to live until they were about my age", so I accepted that life as I knew it was over...until...the day I reconnected with MK Mueller and 8 to Your IdealWeight! I didn't know anything about this process but I trusted her, knowing about her "8 to Great" book and the 8

highways from years before. My journey began May 2016...about 8 months and 32lbs ago! I'm so excited for her new book and the treasure that it contains. I knew, after the first 8 weeks of being in a small group learning this process, that I wanted to share this with anyone who would listen. Healing has come full circle, body, mind and soul! I love how simple it is and I will easily enjoy my IdealWeight for the rest of my journey here on earth. I am forever grateful MK!

I found it! The program I could stay on easily, even with 4 kids and a full-time job! This book offers everything you need to stop sweets cravings, lose weight and find your personal happiness path. MK Mueller's 8-steps work! Like hundreds of other women, I have not only released 35 lbs, but I've finally found my peace with food. If you're looking for a way to lose weight without ever counting points or calories again, buy this book now!

This book shares a wonderful path to the best life you can possibly experience! Not only will you release weight once and for all and do it without starvation tactics or counting calories, but you'll find yourself enjoying the process! Along the way you will learn about yourself and why you have struggled and in the end, you will be smiling and wonder why you didn't learn all this sooner! While "billed" as a weight release book, you'll find that it's this but oh so much more. Plan to see a dramatic change in your mind, body, and spirit! If you only read one book, let it be this one! 70 lbs. lighter and oh so happy!

I have struggled with wanting to lose weight my whole life. In college I suffered with an eating disorder (bulimia). Throughout most of my adult life I was a yo-yo dieter always trying to lose the same 20 pounds. I tried every fad diet which resulted in a 20 pound weight loss; but I would regain the weight as soon as I went off the restrictive eating plan. Over a year ago I signed up for MK's 8 week transformational program and released close to 25 pounds! The difference with this EMPOWERING program is that I have kept the weight off! My daughter saw the difference in me and she signed up for the next 8 week session. She released close to 20 pounds and was thrilled to begin her pregnancy being in the best shape of her life. We are both certified health and wellness coaches and knew that we found the most comprehensive weight release program available! After becoming a certified IdealWeight coach, I have partnered with 33 individuals who have collectively released 396 pounds! Give yourself the gift of health in mind, body and spirit by buying this book today! Better yet, sign up for the 8 week course and become the very best version of YOU!

This book is just what you need if you are tired of dieting. I have tried most of the diets out there. This book has a simple food program that is easy to do. MK has combined her knowledge of coaching others with her 8-step process and combined it with a easy-to-follow food program. I had begun to think there was no way I could release weight at my age and was I ever wrong! I encourage you to buy this book and you will never buy another "How To Lose Weight" book. This is easy to follow and you will face feelings that held you back from being your beautiful self inside and out! You will get your self-confidence back in triplicate.

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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 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) Protein Power: The High-Protein/Low Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health-in Just Weeks! Protein Power: The High-Protein/Low-Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health--in Just Weeks!

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