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and learn how to
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tells us to focus on "Eat less, Move more" to change our bodies, but countless dieters end up sabotaging themselves because they are not addressing the root cause of their weight issue--their MIND.

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To love yourself first, take time to get in touch with who you are as an individual. Foster your own hopes, dreams, and ambitions, take time to do the things you enjoy on your own, and learn to care for your own physical and emotional

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Apply lemon juice to
your skin with a cotton
ball. While not
scientifically proven,

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lemon juice can have
skin lightening effects.
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yourself, cut a lemon in
half. Using only one
half, squeeze the
lemon juice into a
bowl.

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