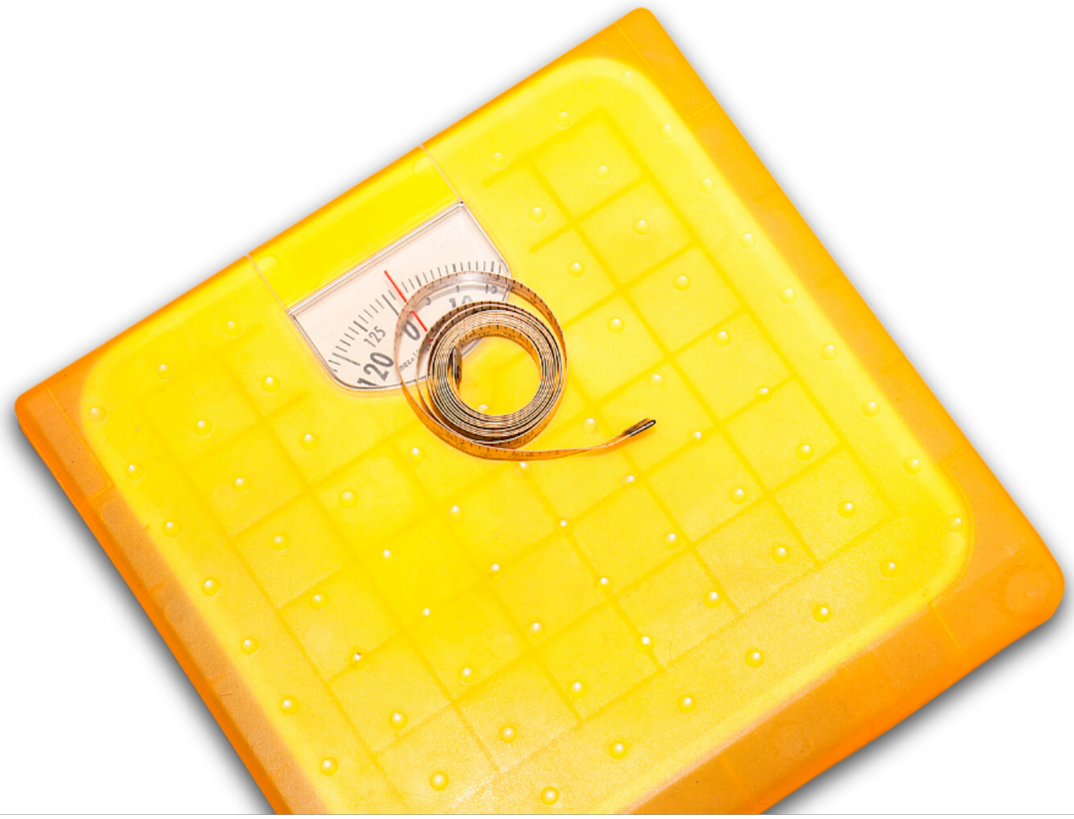
5 Unusual Ways Your Body and Brain Stop Weight Loss



In this mini-masterclass, Ben Angel shares the connection between mind, body and peak performance.

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Many entepreneurs look to maintain and improve their health and fitness so they can perform at their professional peak. But what happens when all that hard work isn't paying off on the scales? Well, there may be a key piece of the puzzle missing, one that's also connected to mental health, brain function, productivity and performance.

In this latest mini-masterclass, I break down why so many fail to adopt and stick to a healthy lifestyle, as well as detail

the five ways your body and brain stop you from losing weight.

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