Self Applied Hypnotherapy and NLP Solutions for Weight Control

Reviews

It is one of my personal favorite books. It is written in easy terms and never hard to understand. It's been designed in an exceedingly easy way and it is only after I finished reading this publication by which in fact changed me, change the way I think.

(Lucinda Stiedemann)
We need to address the issues of weight and shape from a different perspective to that of counting calories and fad diets. We need to use the natural resources that we have. We are able to control our body shapes rather than provoking the responses that work against them. By working with our inherent systems, we can encourage weight loss in the medium to longer term. This book shows you how to lose weight and keep it off by changing the unconscious processes that control our body-shape blueprint. The body-shape blueprint is exactly what it sounds like. Throughout human history our bodies and minds have worked together to establish and maintain the body shapes that optimise our chances of survival. The most variable factor in this body-shaping is the amount of fat that is stored. In addition to helping you to change your shape the book also explains many myths and fallacies about weight control: Why calorie counting does not help. Why dieting can be counter-productive. Why mothers put on weight. Why mothers finish food left on their children’s plates. Why men and women store fat in different bodily locations. Why grandparents put on weight. Why we comfort eat. Why overweight people are often fast eaters.
Other PDFs

Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?
Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read... Read ePub »

Children's Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback

A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half
Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English. Brand New Book ***** Print on Demand *****.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to... Read ePub »

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