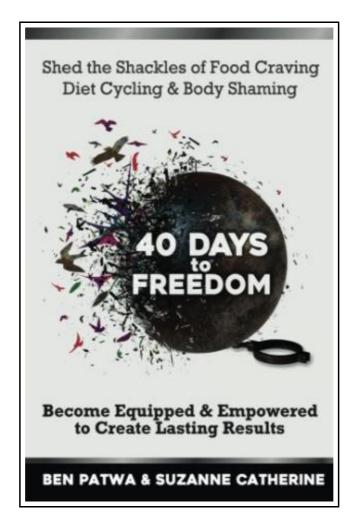
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Experts Legacy Publishing, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 40 DAYS to FREEDOM leads the reader through an expertly guided transformational process to break the cycle of food craving, diet cycling body shaming, once and for all. Using Neuro-Linguistic Programming (NLP), we will teach you how to overcome compulsions and bad habits, and to release limiting beliefs and emotional connections to food. By implementing the steps found in this book you will re-program the way you think and feel about your body and install positive and supportive habits that keep you accountable and progressing toward your goals. With your newfound knowledge and motivation you will become equipped and empowered to create lasting results. As a conscious health consumer, does the vast amount of information available online, in bookstores, from health professionals and peers only leave you feeling overwhelmed and unsure of whom to trust, and what to implement? Do you encounter conflicting and confusing information seemingly at every turn, leaving you with more questions than answers? Have you come to realize that having the best intentions or strong willpower to gain control over your eating habits isn t enough to thrust you out of an addictive cycle? Perhaps you ve perceived to have some success with a particular diet, only to find yourself rebound back to the same or worse condition over time - now weighted with the compounded effects of exasperation, desperation and despair guiding your choices. You may be a new recipient of a concerning medical diagnosis, a parent seeking healthful alternatives to the standard school lunch fare or convenience dinner foods, or an athlete seeking a competitive advantage and you are all left with the same question: How do I break free from the rut or routine where I...

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