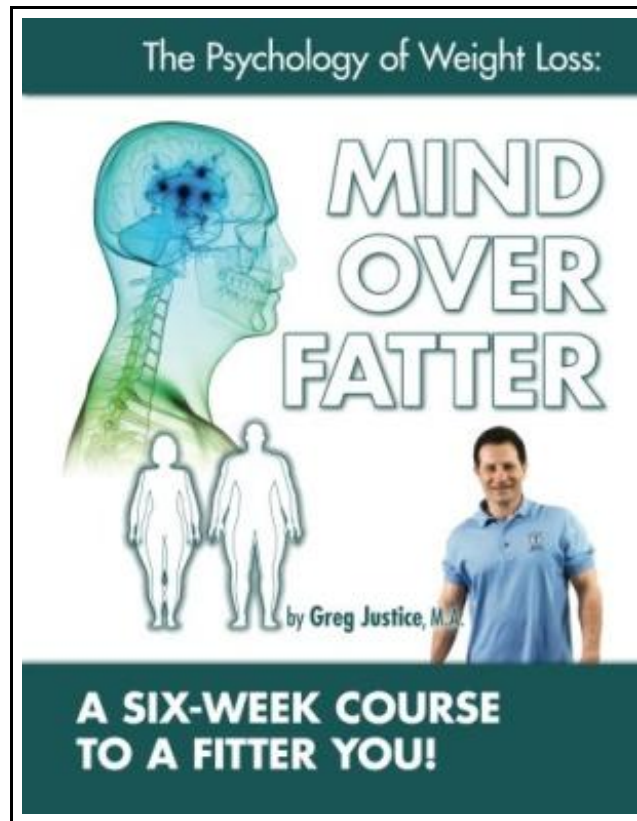


Mind Over Fatter 6 Week Course Workbook



Filesize: 6.51 MB

Reviews

This publication is fantastic. We have read through and i am certain that i will planning to read yet again yet again down the road. You wont feel monotony at at any time of your respective time (that's what catalogs are for concerning when you request me).

(Alec Langosh)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Workbook. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Let's face it; at some point in your life, you've tried to lose weight. After all, you've probably picked up my *Mind Over Fatter: The Psychology of Weight Loss* - and that's what led you to this six-week course. Maybe you recognized yourself in a few of the examples I illustrated in my book. Perhaps you found yourself commiserating with feeling bad about yourself every time you eat a meal, or you recognized yourself in my description of someone who has made a habit of just mindlessly eating in front of the television. (And if you haven't read my book, don't worry; this six-week course will be pretty self-explanatory. But do yourself a favour and pick up a copy of *Mind Over Fatter* sooner rather than later!) No matter what truths you may have discovered in *Mind Over Fatter*, there was one thought that led you to this special six-week course: I'm ready to break free from the cycle of mindless, toxic, and unhealthy eating. That's precisely where this six-week course comes into play. This course has been designed to complement *Mind Over Fatter*. Think of my book as the big picture, with this course providing the strategies and techniques required to master emotional and mental control over weight loss. The *Mind Over Fatter* six-week course is designed to give you highly effective - and merci-fully simple - techniques that you can implement within seven days. Each week is meant to build upon one another, so by the time you reach the end, you will be practically an expert on mastering emotional and mental eating triggers....



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