



NLP for Weight Loss

By Judy Bartkowiak

MX Publishing, United Kingdom, 2014. Paperback. Book Condition: New. 206 x 140 mm. Language: English . Brand New Book. If you are familiar with NLP you will know that weight loss is not a motivating goal. It will not work as a goal because it s negative, about loss and what you want less of. Instead this book is about getting what you want more of; self esteem; happiness; pride and delight in your appearance; body confidence; feeling of being young and fit. So this is not a diet and exercise book, it is a workbook to enable you to love yourself enough to care about what you eat and how you exercise.

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