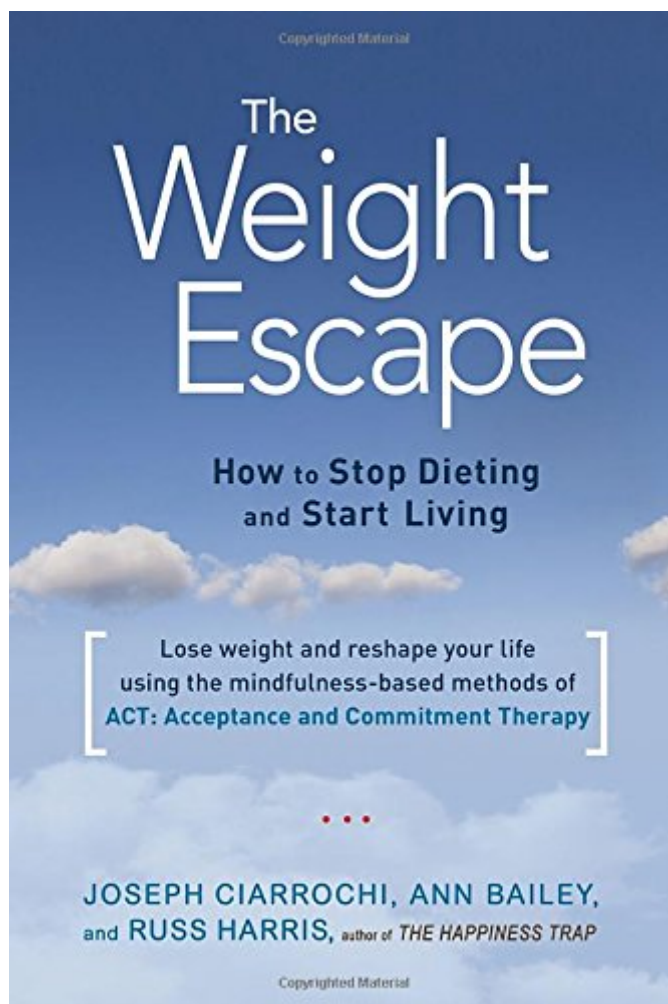


The Weight Escape: How to Stop Dieting and Start Living PDF



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The Weight Escape: How to Stop Dieting and Start Living by Ann Bailey, Joseph Ciarrochi, Russ Harris ISBN 161180227X

Diet fads and fitness trends may offer the prospect of losing weight, but they rarely work out long-term. *The Weight Escape* offers something life-changingly different.

Using the mindfulness-based method called Acceptance and Commitment Therapy (ACT), Dr. Russ Harris, author of the best-selling Happiness Trap; psychological practitioner Ann Bailey; and scientist Joseph Ciarrochi show you how to make the lasting changes you want. Focusing on the mental barriers that can keep us from setting and achieving our goals, they promote a holistic approach to well-being and weight loss—one that goes beyond meal plans and calorie counting to apply mindfulness to how you live as well as to what you eat. Through practical exercises and

personal stories they show you how to:

- Set goals and give direction to your life
- Overcome destructive habits and exercise self-control
- Deal with cravings and stressful situations
- Develop self-acceptance

This book contains the tools you need not only to get the weight-loss results you want but to maintain a healthy weight—and a healthy sense of well-being—for the rest of your life.

The Weight Escape: How to Stop Dieting and Start Living Review

This The Weight Escape: How to Stop Dieting and Start Living book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of The Weight Escape: How to Stop Dieting and Start Living without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry The Weight Escape: How to Stop Dieting and Start Living can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This The Weight Escape: How to Stop Dieting and Start Living having great arrangement in word and layout, so you will not really feel uninterested in reading.