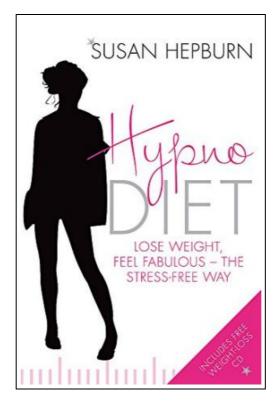
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HYPNODIET: LOSE WEIGHT, FEEL FABULOUS - THE STRESS-FREE WAY (PAPERBACK)



Little, Brown Book Group, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book. Lose weight and feel fabulous with this book and CD from celebrity hypnotherapist Susan Hepburn.HYPNODIET is not a diet. It is a mind-body revolution: a way to change the way you eat, forever. Susan Hepburn s approach works because it removes the guilt and stress of yo-yo dieting. Hypnosis provides a simple yet radical way to lose inches, but more importantly it is a way to gain control of your eating habits and build a healthy relationship with food. With HYPNODIET you put away the scales. There is no calorie counting, no forbidden foods, no faddy menus or deprivation. Instead, using simple hypnotherapy exercises, you will learn to reprogramme your mind. You will quickly start to enjoy food and make healthy choices, reaching and maintaining your target weight without hunger, guilt or stress. The concept of mindfulness is central - it s a highly effective psychological tool which will revolutionise the way you eat. Key elements of the book include learning how to put yourself in a state of deep relaxation: guided meditations and visualisations (on accompanying CD) to enable you to delete the negative emotional associations you have with food and replace these with positive ones; inspiring case studies; hints and tips.

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