



A Lighter You! Train Your Brain to Slim Your Body (Paperback)

By Holly L Stokes

Brain Trainer, United States, 2013. Paperback. Book Condition: New. 2nd. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If you are tired of yoyo dieting, counting calories, and starving yourself to lose weight - this book is for you. This may even be the last diet book you ll ever need because it addresses the REAL reasons we gain weight - our brain, through cravings, emotional eating, lack of motivation and even self sabotage. When you understand how your brain works, you can put it to work for you. Empowered with practical tools and strategies, you ll be making better food and health choices, stress less, find more motivation for exercise, and even end the inner conflicts around self sabotage by addressing the underlying patterns. If you are ready to end yoyo dieting, and slim down naturally, you ll want to discover the tools and strategies outlined in this book for lasting successful weight loss. You ll be feeling better and looking great as you easily pass up the old snack foods, and simply find yourself reaching for healthier foods that really nourish and support your body.



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