



The NLP Diet: Think Yourself Slim - For Good (Paperback)

By Jeff Archer

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. Forget calorie-counting, portion control, Eat Right for Your Blood Group and other fad diets. The NLP Diet is the only way to lose weight - and keep it off - because it is the only diet designed to change your thinking, not the contents of your fridge. Using the highly practical tools of NLP, the world's most effective self-coaching and visualisation method, you will be able not just to set yourself realistic weight-loss goals, but also to meet them. You will learn all the strategies and re-programming techniques you need to change your relationship not just with food, but with yourself, rediscovering how you feel about yourself, your body, and the reasons you eat. This is the only diet guaranteed to change you from the inside out, and keep the weight off for good - so what are you waiting for?.



READ ONLINE
[8.6 MB]

Reviews

A top quality ebook and the font employed was exciting to read. Of course, it can be enjoy, nonetheless an interesting and amazing literature. Your life span will likely be transform once you full reading this book.

-- **Phyllis Welch**

This composed publication is fantastic. This is certainly for all those who statte that there was not a well worth reading through. You will not truly feel monotony at whenever you want of your respective time (that's what catalogs are for regarding when you ask me).

-- **Prof. Mark Ratke Jr.**