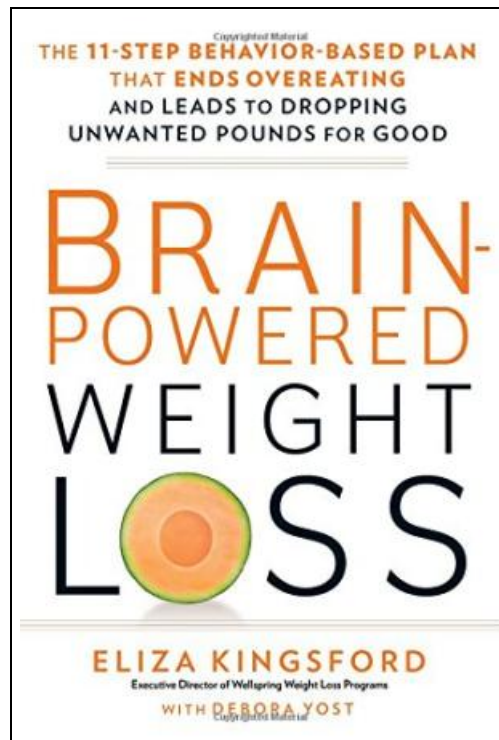


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Reviews




An exceptional publication as well as the font employed was exciting to see. it was actually writtern extremely flawlessly and helpful. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Dominic Collins)

BRAIN-POWERED WEIGHT LOSS: THE 11-STEP BEHAVIOR-BASED PLAN THAT ENDS OVEREATING AND LEADS TO DROPPING UNWANTED POUNDS FOR GOOD (HARDBACK)



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Rodale Books, 2017. Hardback. Condition: New. Language: English . Brand New Book. Losing weight and successfully maintaining it over the long term is not as much about what you put in your stomach; it's more about what's happening in the brain. In Brain-Powered Weight Loss, psychotherapist and weight management expert Eliza Kingsford shows that more than 90 percent of people who go on diet programs (even healthy ones) fail or eventually regain because they have a dysfunctional relationship with food. Changing this relationship by changing the way you think about and behave around food is what it takes to permanently achieve weight-loss success. Kingsford's 11-step first-of-its-kind program enlists dozens of mind-altering and behavior-changing exercises and techniques that shows you how to: - Identify and reverse the conscious and unconscious thinking errors and food triggers that lead to the behaviors that drive our food decisions. - Let go of the mindset of going on or off a diet in favor of a conscious quest to pursue a lifestyle of healthy eating and everyday activity -- one that can last forever. - Successfully use what Kingsford calls dealing skills to outsmart high-risk situations, tame stressful times, and prevent an eating slip from leading to a setback or all-out binge. - Find out if you have what emerging research shows is an addiction to certain high-fat and sugar-added, processed foods that can be as powerful as addiction to cigarettes and narcotics. - Design a personal healthy eating program built on Kingsford's 10 Principles of Healthy Eating.

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