



Brainwash Yourself Thin (Paperback)

By Lindis Courtney

Createspace, United States, 2012. Paperback. Book Condition: New. 234 x 156 mm. Language: English . Brand New Book ***** Print on Demand *****.If you want to stop eating compulsively and reach goal weight then read this book! It s the missing link between knowing what to do and actually doing it. You, and the entire western world, already know that you should eat healthy and exercise; but you end up in the cookie jar anyway -- week after week, month after month, year after year. This is your chance to break out of the addiction cycle by addressing the primary culprit -- you! That s because you have a mental blueprint that is loaded with debilitating beliefs, thoughts and emotions that keep you overweight. This blueprint has determined your success in life, both on and off the bathroom scale. If you break it down and rebuild it, you can achieve a lean and healthy body. Ignore it and you keep the body you have now. If you are serious about taking charge of your life, Brainwash Yourself Thin will take you through a transformation process across six stages of change, the industry standard for overcoming an addiction. Your reflection and...



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Reviews

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