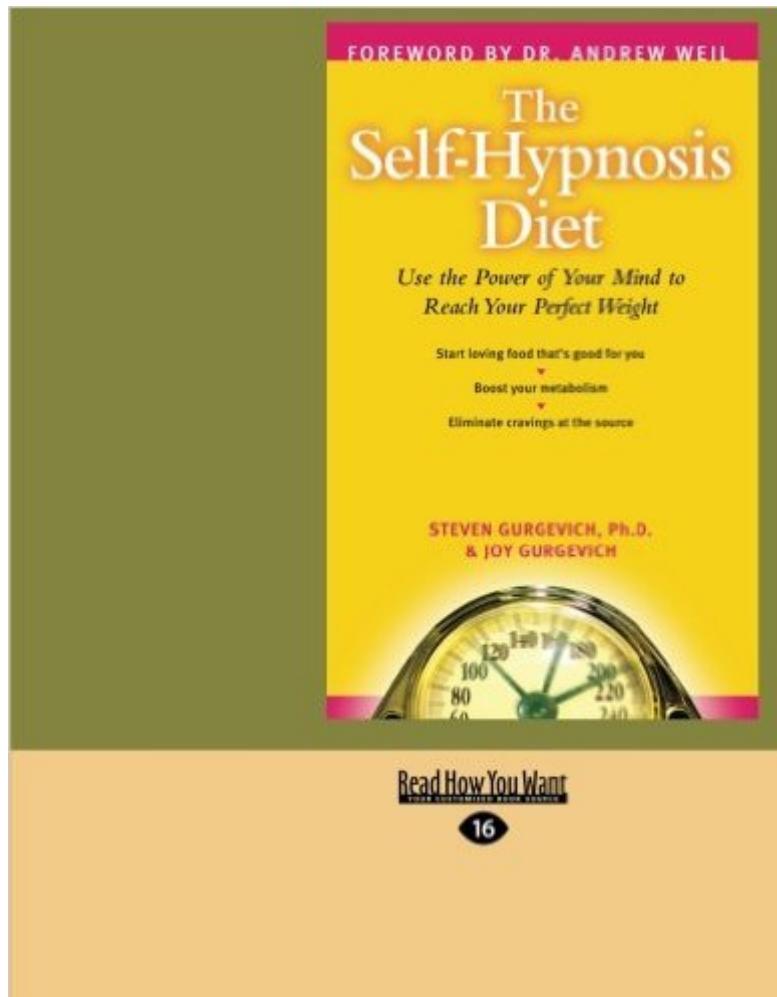


The book was found

# The Self-Hypnosis Diet



## Synopsis

Boost your willpower through medically proven hypnosis. Program your mind and body to love the right foods. Achieve healthy, lasting weight loss. Create healthy habits that last a lifetime. Break free from emotional eating.

## Book Information

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Average Customer Review: 4.2 out of 5 starsÂ  See all reviewsÂ  (26 customer reviews)

Best Sellers Rank: #3,885,827 in Books (See Top 100 in Books) #53 inÂ  Books > Health, Fitness

& Dieting > Diets & Weight Loss > Hypnosis for Diets #1885 inÂ  Books > Self-Help > Hypnosis

#17859 inÂ  Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

I have successfully lost weight in the past being mean to myself, hating my body, and punishing myself with very low calories, forbidding any fun, and hard workouts. In the end--I still wasn't happy, or happy with my body, and I even injured my knee pushing too hard in a workout. The Gurgeviches offer a better way. I love this program. I teach yoga, and these 'self hypnosis' sessions closely resemble guided relaxation and yoga nidra. As proof: today, in line at the grocery store, I picked up the new dark chocolate bar. After a few moments, I put it back! That's HUGE! It's the little things, like really learning to listen to yourself and 'eating whatever you want while reaching and maintaining your perfect weight'. I work at a health food store, and people constantly spend up to \$100 on pills, hoping they'll find the magic one that effortlessly melts the pounds from their body, and in the meantime putting some potentially dangerous stuff in their bodies. Try a healthier, more positive way! With this program you will end up LIKING yourself as well as looking and feeling healthier, which is what it's all about. Warning: you might just get the magic solution! It really is wonderful to make some of these small choices, like forgoing a candy bar without being deprived. It's a change of paradigm, or just a different way of thinking about food and our relationship with it. I am learning to want the best for myself. Americans can definitely learn more in this department! The

book suggests you read the first three chapters, then you can begin using the cd and finishing the book. It has wonderful inspirational quotes, and background into the history and research behind self-hypnosis. It even has a foreword from Dr.

Before I was hypothyroid never had to worry about my weight, so becoming hypothyroid was a major rude awakening. Where before I could lose weight by cutting out a few sodas and chips each week, after my thyroid problem started, I not only couldn't lose weight, I actually gained weight following stringent diets. It was awful. I was so relieved when I finally was able to start losing weight again, by optimizing my thyroid function, changing what I ate, and adding in supplements and appropriate exercise (an approach I've outlined in detail in my book, *The Thyroid Diet: Manage Your Metabolism for Lasting Weight Loss*). But that doesn't mean that I don't work at this every single day. I always have more to lose it seems, because it's easy to gain, holidays and wintertime can be setback periods, and I'm by nature not an athletic or active person. So weight loss and management is a lifestyle for me, not just something I can do once and forget about! So, with all this in mind, I have to say that Steven and Joy Gurgevich's book/CD, *The Self-Hypnosis Diet*, is a resource that I consider pretty much indispensable, no matter what type of diet you are following -- helping make any diet successful -- whether you're following my Thyroid Diet, or you're doing Weight Watchers, or Ediets, or low-carbing it, South Beach, or making up your own diet as you go. I've been using this book and companion CD for more than a year, and I consider it absolutely essential to my ongoing diet and weight loss efforts. Dr.

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