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Mark Stephens



Lose Weight Think Slim:

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Think Slim Mark Stephens, 2007 This weight loss program for the mind by Australian hypnotherapist and NLP trainer Mark Stephens can be used in conjunction with any weight loss plan *The Ultimate Guide to Weight Loss: Simple Slimming and Exercises* Omeed Gul, 2010-02-22 Are you overweight Or just want to lose a couple of pounds Will this book be right for you This book includes more than 100 tips tricks and ways to lose weight and keep it up This simple guide makes smart eating effortless and affordable Drop 4 to 9 lbs a week without dieting

Think Yourself Thin JJ Smith, 2018-09-25 The author of the 1 New York Times bestseller 10 Day Green Smoothie Cleanse returns with this revolutionary guidebook filled with the crucial mental strategies that will provide the missing piece in your weight loss journey once and for all After helping dieters lose over two million pounds in two years JJ Smith realized the most important yet most overlooked factor for permanent weight loss is mental mastery In Think Yourself Thin Smith helps you uncover the root of your struggle and address the spiritual or emotional issues tied to your eating behavior By applying the strategies outlined in this book you will have the tools you need to take control of your weight and thus your health and experience the joy of having your dream body Divided into four parts Smith's book uncovers the five psychological stages required to lose weight and keep it off Smith also introduces the all new SUCCESS System detailing the mental habits and approaches necessary for permanent weight loss Filled with inspiring motivational success stories and user friendly principles that provide the guidance you need to eat in a manner that helps the body burn fat and lose weight Think Yourself Thin makes long term weight loss a reality by starting with what matters most

Thin Thinking Rob Salter, 2024-06-11 Rob Salter is a health coach based in London UK In 2019 he was unexpectedly diagnosed with diabetes Thin Thinking documents Rob's attempt to lose weight without dieting He ultimately lost ten kilos as a result of his exploration and shares his insights in this unique book

Forever Slim Mary Kay Bray, 2000-12 Weight loss isn't just about food Join Mary Kay Bray as she tells her personal story of weight loss and explores the mental emotional and physical dynamics of transforming your body and your life Available for the first time in English

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Think and Grow Thin Karen Haize,2014-10-09 In this book Dr Karen Haiz a university professor in artificial intelligence and neuroscience has revealed the ultimate secret to fitness and perfection She herself had suffered being overweight and hence has participated and practiced various methods for slimming however she found them unsatisfactory and ineffective Combining her professional and scientific gifts with her passion for natural beauty she went on a quest to find the ultimate answer to fitness and perfection After many years of research and exploration she discovered the above secret and practiced the same and the result was astonishing Thrilled by her achievements many requested her to coach them to such wonderful results Now they all live their dreams of natural beauty and fitness In this book Dr Karen Haize will reveal the above secret with you and will guide you in an easy practical step by step process to live your own dream of fitness and perfection

How to Lose Weight Easily - and Free Yourself from Diets Forever Michael Hadfield,2012-04-12 If you d like to know how to lose weight easily naturally and in a way that works with your body rather than against it then this is the book for you It s about a healthy way to lose weight that is so much simpler than all of

those complicated charts and calculations that you have to do when you engage in dieting The author explores the ways in which diets not only make you fat but are also seriously bad for your health This book exposes the myths that the Diet Industry perpetuates in order to keep people hooked on dieting Simple solutions are offered so that attitudes towards food and eating can be easily changed The focus is on an easy step by step approach for which the author offers a simple 10 step action plan This leaves the reader in control of their eating and losing weight in a way that is sustainable without the need to ban any specific foods The author has over 14 years experience in helping people to lose weight *Slim and Recovered* Ping Wang,2010-04 As an alternative therapist with limited knowledge I actually have greater freedom and objectivity in performing my analyses since I am not bound by the restrictions of the standard theories For example since the emergence of the idea that carbohydrates and excess calories are the causes of obesity nearly all subsequent theories have involved carbo diets carbo detox or low calorie diets calorie burning and the like However my observations and practice over the past dozen years have proven that carbohydrates fats and sugar and possibly blood type affect body weight increase only when a person consumes greater than normal quantities If dietary intake is too low less than normal thus not meeting the body's needs for cell growth these factors have little or no influence Why does the title of this book combine the words slim and recovered Simply because in over 80 percent of obesity cases the patients have other health problems as well The most common complaint is acute or chronic gastric problems others include vertigo anemia diabetes high blood pressure high cholesterol levels heart liver and kidney problems and menstrual difficulties So we can see that excess body weight is closely related to other health complaints In *Slim and Recovered* Ping Wang analyzes the problems of being overweight and disease based solely on his observations and experience in therapeutic practice He limits the illnesses discussed here to those that have been handled with satisfactory results providing greater insight The basic philosophy introduced in this book is that we should not consume more food than our digestive organs can handle so that we can avoid obesity and other health problems and we should not deceive ourselves by thinking that fruit vegetables and water will not make us fat These cases are analyzed from a perspective that is unconventional yet based on reality Discover the answers to these difficult questions Why do some people eat a lot but stay slim I consume low fat low carb low calorie food and drink and routinely exercise on the treadmill why am I still overweight Why do some vegetarians get high blood pressure and even suffer strokes Why do some people have strokes when they're still very young I regularly exercise with weights and equipment why are my arms and legs getting larger not smaller My mother drinks plenty of water why are her legs swollen and her uric acid levels so high

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