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Pavel G. Somov, Ph.D.



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Think Smart & Lose Weight Sandy Bröcking,2010 This is not a diet book THINK SMART AND LOSE WEIGHT is a guide for people with diet related issues who want to lose weight and are serious about keeping it off By picking up this book readers are deserving of congratulations THINK SMART AND LOSE WEIGHT is a testament of what is achievable for the individual What readers will find between these pages is a reaction to the shocking statistic from Melbourne s Baker IDI Heart and Diabetes Institute that Australia as much as America is now one of the fattest nations on earth Sadly there is no quick fix losing weight is not about counting calories and living on the scales it is about making small daily changes that contribute to an overall exciting lifestyle reconfiguration and a new you THINK SMART AND LOSE WEIGHT exists to help you do just this Sandy Bröcking s inspiring story and passion to use her experiences to help others has resulted in this innovative health plan for those who want to lose weight on a daily basis without being forced into a rigorous radical or expensive diet regime Recognising that a long lasting result is what is important Sandy has translated her years of experience as a nurse into ink on paper to inform others about the very real risks that can occur as a result of unhealthy lifestyles As Sandy used to be heavily overweight herself she is dedicated to saving others who are often suffering from the most terrible consequences of bad health and obesity whilst spreading the message that you can give yourself the life you deserve THINK SMART AND LOSE WEIGHT provides the perfect companion for all personal journeys towards a healthy way of life *How to Quit Smoking in Simple Steps! The best easy ways to stop smoking(quit smoking tips, quit smoking naturally, benefits of quitting smoking)* Richard Foreman,2015-04-10 Take note that it will be almost impossible for you to tackle this issue alone You definitely need to enlist the help of your family and your loved ones so you can finally claim victory for this battle against smoking There are numerous benefits that you can derive just by reading and understanding the contents of this book For one thing your raised awareness will help you appreciate the mechanisms of how smoking adversely affects your system This awareness can help you have reinforced resolve to continue with your plan to quit smoking Also the book offers benefits that you can have from quitting this habit In the long run this can serve as your motivation to continue with your struggle to quit smoking for good As for the treatment regimens that you can see in this book it will be easier for you to openly discuss the topic with your physician because you know what your possible choices for intervention are Also this can help you play a proactive role in your treatment of your nicotine addiction Expressing your intent to quit smoking and proceeding to do so won t be easy especially if you have been smoking for a very long time However you can overcome

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ADVANCE WELLNESS BLUEPRINT Apoorva S Kulkarni,2022-03-07 In this book ADVANCE WELLNESS BLUEPRINT Step by step system to heal your mind brief introduction about NLP i e Neuro Linguistic Programming briefly explained what is wellness dimensions of wellness there are eight dimensions of wellness are Mental Environmental Financial Intellectual Occupational Physical Social Spiritual The definition causes and symptoms of mental and physical wellness simple technique and NLP i e Neuro Linguistic Programming techniques which help you to change your health and assist you to lead your life healthy and happy Provides you with a brief knowledge on how body and mind are connected how the thoughts negativity present in your mind impact your body physically assists you to create positivity by eradicating negativity from your mind and body and also shows how you are mentally and physically fit Wellness is an active lifestyle that incorporates several components that affect health physical mental and social well being on a holistic level These factors are continuously in play to contribute to an overall state of health and therefore should be understood and properly addressed

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