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Soggetti	Weight loss - Psychological aspects Hypnotism - Therapeutic use Autogenic training
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
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Note generali	Includes index.
Sommario/riassunto	"The New Surgery-Free Weight-Loss SystemDo you want to lose weight? Have you tried diets and failed? Do you want a completely new approach?Then let Paul McKenna help you! A gastric band is a radical surgical operation that reduces the available space in the stomach. Dr. McKenna's Hypnotic Gastric Band is a psychological procedure that can help to convince the unconscious mind that a gastric band has been fitted, so the body behaves exactly as if one were physically present. Why does it work so well? Along with the book, the system contains audio and video sessions to provide complete support for physical and psychological change while you lose weight. There's no physical surgery, no scarring, and no forbidden foods. Just follow all the instructions and let Paul help you lose weight."An amazing new approach that promises weight loss for good!"-- Dr. Ronald Ruden, M. D., Ph.D."Dr McKenna's system offers people a safer, non-invasive method of significant weight loss."-- Professor Michael Carmi, M.D., Ch.B. "--