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Titolo	I can make you thin // Paul McKenna, PH.D ; edited by Michael Neill
Pubbl/distr/stampa	Carlsbad, California : , : Hay House, Inc., , 2016 ©2016
ISBN	1-4019-4904-5
Descrizione fisica	1 online resource (90 pages) : illustrations, photographs
Classificazione	SEL000000HEA019000SEL017000
Disciplina	613.2/5
Soggetti	Weight loss - Psychological aspects Reducing diets - Psychological aspects Behavior modification
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Sommario/riassunto	"Would you like to eat less without feeling like you're missing out? Are you unable to lose those last 10 pounds? Would you like to stop sabotaging yourself? Do you want to feel truly happy with your body? If you've struggled with your weight for too long, let Paul McKenna help you lose weight and change your relationship with food! Diets work for less than 10 percent of people. So it's time to try something new. I Can Make You Thin is a revolutionary weight-loss system that re-patterns your thoughts and behaviors around food to help you take control of your eating. All your decisions about how much you eat take place in your mind--so this remarkable book, which includes a free digital download featuring a powerful guided hypnosis session with Dr. McKenna, reprograms your unconscious mind to change your relationship with food, speed up your metabolism, overcome emotional eating, and instantly stop cravings. If you find it hard to say no to second helpings, this system can make it easy. If you get discouraged about your weight, this system can give you hope. And if you have zero motivation to exercise, it can get you moving with ease. Dr. McKenna's system will help you start losing weight right away, and you can use the techniques and the hypnosis session again and again as you go all the way to your ideal shape and size. It's a system so simple that most

people can't believe it will work for them. The best part is, you don't have to believe--you just have to follow the instructions and watch your life start to change for the better"--
