



Mind Over Fatter: See Yourself Slim, Think Yourself Slim, Eat Yourself Slim (Paperback)

By Anna Richardson

Headline Publishing Group, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. Are you tired of starving yourself silly to get that perfect summer bikini body, only to put a stone back on by Christmas? Fed up of starting the New Year with the latest diet craze only to be back where you started - and more - by March? I was. Until I learned the secret every dieter needs to know - the power of hypnosis. In Mind Over Fatter I ll help to train your mind so you can break free of the diet cycle once and for all. Anna xx Mind Over Fatter is Anna s three-step programme to long-term weight loss: use Anna s Free Online Hypnosis Sessions to teach your subconscious to see yourself slim; use Anna s scientifically proven Seven Secrets of Slim to think yourself slim; follow Anna s 14-day Healthy-Eating Plan, created from 60 delicious recipes, to eat yourself slim.



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