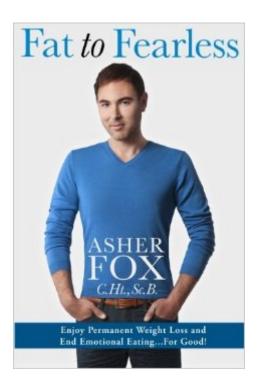
The book was found

Fat To Fearless: Enjoy Permanent Weight Loss And End Emotional Eating...For Good!





Synopsis

Are you secretly afraid you II be fat forever? If your answer is yes, chances are you ve bought into the MYTH that more knowledge about nutrition and exercise is the key to finally losing the weight for good. Unfortunately, this is simply not the case. Â Many people try every diet, pill, shake and exercise plan out there, and end up just as overweight and unhappy as they were before they tried losing the weight in the first place. This is because lifelong weight loss isn t just about gaining more knowledge. In order to lose the weight for good, you must deal not only with the conscious mind, but also tap into the incredible power of your subconscious. Â Fat to Fearless is a unique approach to successful body transformation that looks beyond the latest weight loss plans and fad diets, and instead explores the underlying emotional and subconscious factors that lead to self-sabotage, emotional eating and loss of willpower. Asher Fox, a former 300 lb. personal trainer turned therapist and Subconscious Behaviorist, created the Fat to Fearless® program to enable others to achieve the same long-term weight loss success that he has enjoyed, since he unlocked the key to long term weight loss and high self-esteem. Â Over 18 years and thousands of clients, Asher has perfected a program that transforms your body by healing your heart and mind. A Discover how hidden belief systems from childhood affect your relationship with food and your body today, in ways you can't imagine! A Learn why your subconscious mind may believe you are better off overweight, and may be working against you to ensure you stay that way. Â Find and disconnect your Hidden Food Triggers that cause you to mindlessly eat! A Discover how to align your subconscious mind with your weight loss goals, so that it works for you instead of against you! A Fat to Fearless is the last weight loss book you II ever need. Get ready to permanently change your body by first transforming your mind, healing your heart, and reprogramming your subconscious to live life as the thinner, happier and healthier person you were always meant to be.

Book Information

Paperback: 344 pages Publisher: Fox Books (June 1, 2014) Language: English ISBN-10: 1938886976 ISBN-13: 978-1938886973 Product Dimensions: 6 x 0.9 x 9 inches Shipping Weight: 1.5 pounds (View shipping rates and policies) Average Customer Review: 4.8 out of 5 stars Â See all reviews (12 customer reviews) Best Sellers Rank: #1,839,808 in Books (See Top 100 in Books) #28 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #65 in Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology #447 in Books > Health, Fitness & Dieting > Psychology & Counseling > Experimental Psychology

Customer Reviews

I just perused this quickly on Christmas Day. I have the sweet tooth from hell and am now diabetic. I have been overweight for about 8 years now. A go getter all my life I could not for the life of get my behind in gear regarding eating well. Yesterday and today, I have had no cake, cookies or chocolate, daily staples for me. And mind you yesterday was Xmas, I watched people eat ice cream and pie right in front of my face. For a lot of people this may not seem like a big deal, but for me a sugar addict is up there with parting the red sea. Also, my work environment is a diabetic landline. I work with mostly women and we celebrate everything with food, showers, bdays, and really just the sun coming up. In a trip to the bathroom, I pass plates of cookies, danish, and candy bars, daily. Not to mention I work in the suburbs so lunch options are either fast, diner, chinese or italian food. There is not much variety and definitely no really healthy creative or pleasurable options to eat healthy. You either eat a salad or cook, the first I don't like as a main meal and the later I do not have the time. This book is a "unique," weightless book as it deals with the emotional side of eating (at least this is the first book like this I am reading, I usually buy useless "diet," books. Of course now I know there are other like this, but initially I didn't) but not unique in it's premise, that we eat for emotional reasons due to largely things that happened in our childhood.

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