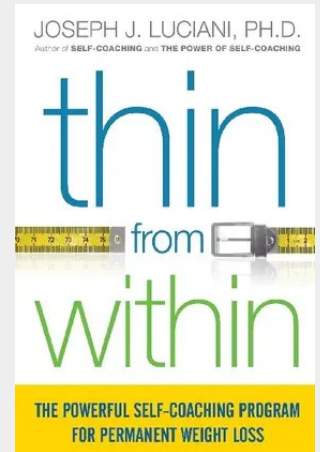


Thin from Within

Tired of your weight swinging up and down? Do you find it difficult to stick to a diet? You're not alone. Every day, millions of people battle temptation as they try to drop unwanted pounds. For those who succeed, a whopping 80 percent quickly pack the weight back on. Thin from Within delves into the root causes and reveals that diets alone-whether counting calories or controlling carbs-don't work. Why? Because lasting results have less to do with what you eat, and everything to do with why you eat it. To lose weight and keep it off, you've got to retrain your brain. Renowned psychologist Joseph J. Luciani explores the emotional triggers and ingrained habits driving overindulgence-and shares simple self-coaching techniques proven to control cravings and break the cycle of self-sabotage. Once mastered, these strategies turn healthy eating into an effortless process. Combining insight and inspiration with powerful cognitive tools, this remarkable guide enables you to: Embrace change * Strengthen your self-discipline * Resist the lure of comfort foods * Free yourself from destructive thinking * Replace even the most stubborn bad habits with positive ones * Develop resilience and confidence * Learn from setbacks * Fight food addictions * And more It's up to you. You can try yet another fad diet and fail-or read Thin from Within and finally find your permanent weight loss solution.

The secret to lasting weight loss has less to do with what you eat, but why you eat it. What are your emotional triggers and ingrained habits that are hindering your dieting efforts?



17,30 €
17,30 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9780814436783
Medium: Buch
ISBN: 978-0-8144-3678-3
Verlag: AMACOM
Erscheinungstermin: 16.02.2016
Sprache(n): Englisch
Auflage: Erscheinungsjahr 2016
Produktform: Kartoniert
Gewicht: 399 g
Seiten: 256
Format (B x H): 152 x 229 mm

