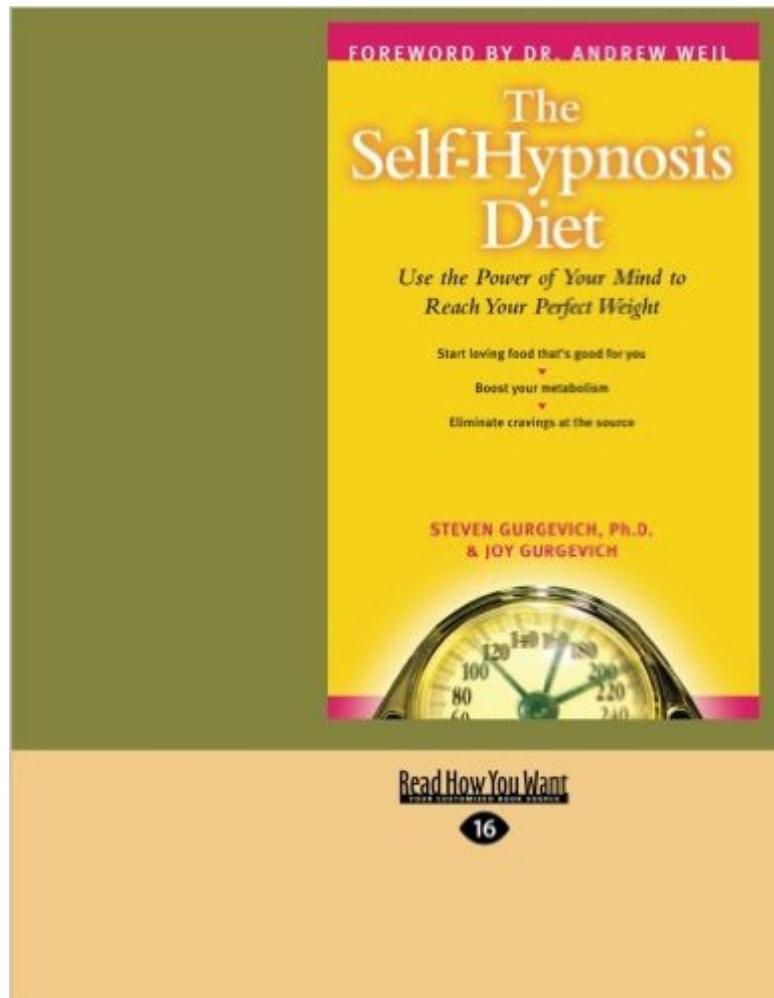


The book was found

# The Self-Hypnosis Diet



## Synopsis

Boost your willpower through medically proven hypnosis. Program your mind and body to love the right foods. Achieve healthy, lasting weight loss. Create healthy habits that last a lifetime. Break free from emotional eating.

## Book Information

Paperback: 328 pages

Publisher: ReadHowYouWant (December 28, 2012)

Language: English

ISBN-10: 1427085013

ISBN-13: 978-1427085016

Product Dimensions: 7.8 x 0.7 x 10 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (26 customer reviews)

Best Sellers Rank: #3,885,827 in Books (See Top 100 in Books) #53 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #1885 in [Books > Self-Help > Hypnosis](#) #17859 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

## Customer Reviews

I have successfully lost weight in the past being mean to myself, hating my body, and punishing myself with very low calories, forbidding any fun, and hard workouts. In the end--I still wasn't happy, or happy with my body, and I even injured my knee pushing too hard in a workout. The Gurgeviches offer a better way. I love this program. I teach yoga, and these 'self hypnosis' sessions closely resemble guided relaxation and yoga nidra. As proof: today, in line at the grocery store, I picked up the new dark chocolate bar. After a few moments, I put it back! That's HUGE! It's the little things, like really learning to listen to yourself and 'eating whatever you want while reaching and maintaining your perfect weight'. I work at a health food store, and people constantly spend up to \$100 on pills, hoping they'll find the magic one that effortlessly melts the pounds from their body, and in the meantime putting some potentially dangerous stuff in their bodies. Try a healthier, more positive way! With this program you will end up LIKING yourself as well as looking and feeling healthier, which is what it's all about. Warning: you might just get the magic solution! It really is wonderful to make some of these small choices, like forgoing a candy bar without being deprived. It's a change of paradigm, or just a different way of thinking about food and our relationship with it. I am learning to want the best for myself. Americans can definitely learn more in this department! The

book suggests you read the first three chapters, then you can begin using the cd and finishing the book. It has wonderful inspirational quotes, and background into the history and research behind self-hypnosis. It even has a foreword from Dr.

Before I was hypothyroid never had to worry about my weight, so becoming hypothyroid was a major rude awakening. Where before I could lose weight by cutting out a few sodas and chips each week, after my thyroid problem started, I not only couldn't lose weight, I actually gained weight following stringent diets. It was awful. I was so relieved when I finally was able to start losing weight again, by optimizing my thyroid function, changing what I ate, and adding in supplements and appropriate exercise (an approach I've outlined in detail in my book, *The Thyroid Diet: Manage Your Metabolism for Lasting Weight Loss*). But that doesn't mean that I don't work at this every single day. I always have more to lose it seems, because it's easy to gain, holidays and wintertime can be setback periods, and I'm by nature not an athletic or active person. So weight loss and management is a lifestyle for me, not just something I can do once and forget about! So, with all this in mind, I have to say that s Steven and Joy Gurgevich's book/CD, *The Self-Hypnosis Diet*, is a resource that I consider pretty much indispensable, no matter what type of diet you are following -- helping make any diet successful -- whether you're following my Thyroid Diet, or you're doing Weight Watchers, or Ediets, or low-carbing it, South Beach, or making up your own diet as you go. I've been using this book and companion CD for more than a year, and I consider it absolutely essential to my ongoing diet and weight loss efforts. Dr.

[Download to continue reading...](#)

Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Hypnosis: Master Hypnosis, Learn hypnosis now (Hypnosis, Hypnotism, Self Hypnosis, Mind control) *The Self-Hypnosis Diet: Use the Power of Your Mind to Make Any Diet Work for You [With 6-Page Study Guide]* [SELF HYPNOSIS DIET 3D] [Compact Disc] QUANTUM SELF HYPNOSIS STOP SMOKING NOW: Hypnosis Script & Inductions Included! (Quantum Self Hypnosis Singles Book 2) Perfect Self

Hypnosis: Lose Weight In Your Sleep: Create the perfect self hypnosis audio for yourself or as a gift for natural, diet free, weight loss in 30 days HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Hypnosis Diet, Wendi's Hypnosis for weight loss PLUS EIGHT audio hypnosis MP3s Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Hypnosis: Medicine of the Mind: Hypnosis: Medicine of the Mind - A Complete Manual on Hypnosis for the Beginner, Intermediate and Advanced Practitioner

[Dmca](#)