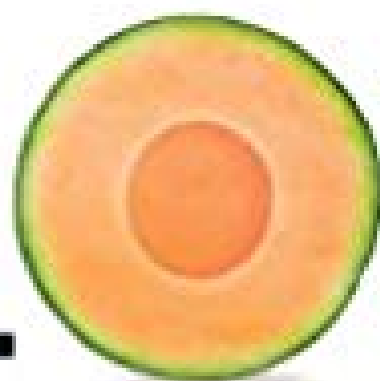


THE 11-STEP BEHAVIOR-BASED PLAN  
THAT ENDS OVEREATING  
AND LEADS TO DROPPING  
UNWANTED POUNDS FOR GOOD

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# BRAIN- POWERED WEIGHT LOSS



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ELIZA KINGSFORD

Executive Director of Wellspring Weight Loss Programs

WITH DEBORA YOST

Eliza Kingsford

## Brain-Powered Weight Loss: The 11-Step Behavior-Based Plan That Ends Overeating and Leads to Dropping Unwanted Pounds for Good



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Slimming down and successfully preserving it on the long term isn't as much about what you put in your stomach; from leading to a setback or all-out binge.s more about what' •Design a personal healthy eating system built on Kingsford'psychotherapist and weight reduction expert Eliza Kingsford demonstrates a lot more than 90 percent of individuals who go in diet plans (even healthy ones) fail or eventually regain because they will have a dysfunctional romantic relationship with food. Changing this relationship by changing how you think about and behave around meals is what it takes to permanently •dealing abilities"s 11-stage first-of-its-kind program enlists dozens of mind-altering and behavior-changing exercises and techniques and demonstrates how to:• Identify and reverse the mindful and unconscious thinking errors and meals triggers that result in the behaviors that get our meals decisions.• Let go of the mindset of going on or off a diet and only a conscious quest to go after a way of life of healthy eating and everyday activity—one that can last forever. In s 10 Principles of Healthy Taking in.Effectively use what Kingsford calls " Kingsford' to outsmart high-risk situations, tame stressful occasions, and prevent an eating "slide" it'• Find out if you have what emerging research displays is an addiction to certain high-fat and sugar-added, processed food items that can be since powerful as dependence on cigarettes and narcotics.achieve weight-loss success.s happening in the mind.Brain-Powered WEIGHT REDUCTION,



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Though she acknowledges the great resources that are out there FINALLY. That is deep information. Kingsford's approach is refreshing, extremely helpful, and thoughtfully created. Though she acknowledges the fantastic resources which are out there, she also drives home the inconvenient truth that people all have to hear. It is easy to go through and understand..if we can not control why we do (or don't) take action on certain impulses, we'll never have long-term success in weight reduction pursuits. So far as I can tell, It'll be an excellent book to have readily available. Love it!! This is simply not another diet book! This is simply not another diet book! It's about changing our energy This book originates from a place of why we overeat or eat the wrong things An how we can change this forever it's about emotions false conceptions if your brain An how exactly we let both outside stimuli an internal thoughts an emotions stop us from making the proper choices. This book is about being your healthiest self, learning mindfulness and self like! Kingsford delivers some amazing equipment to obtain to your goals! I bought the publication for quick reference on my journey to getting my entire life back from excess weight gain and feeling horrible. I will have this reserve on my shelf and return to it often! Good book, great approach I have not finished this book yet, I'm in regards to a quarter of the way through it, but I love where it is going and it is making feeling to me so far.. I also purchased the audio to listen to it on my hour get to/from work. Makes a lot of Sense! A begins with "why" strategy with a "how" to assume control back. Great book! I love the fact that you can go to her site and download the forms necessary for writing for free.!! Love this reserve. It has made an extremely solid difference in my life. You may be asked to accomplish some writing, answering questions, keeping a journal etc, which I think is important however, not everyone offers the time and energy to do all of that constantly, but with that said, I guess if you would like it to do the job then you need to make the time. The book is a practical how-to guide that utilizes the most up-to-date research in helping individuals to lose excess weight and live healthier lifestyles. As someone who struggles with anxiety the sections on mindfulness was something I wasn't always expecting, but was extremely appreciate of. When nothing else works, try reading this. Enables you to think! A source that helps me concentrate on my behaviors versus another 3, 10, or 30 day diet. Infomative and helpful This book points out many erroneous thought patterns that need attention prior to going on any diet. I'm actually hoping this proves effective in assisting me. I started reading it online and was impressed more than enough to buy the book. It avoids excessive scientific jargon and instead provides day-to-day actions that work! It's not about a diet. This is a book about finding your healthful obsession and I really like it! Once we are in the suggest flu thought process we are able to get ourselves back again an change not merely bad eating habits but other bad habits as well. I found it in my own libraries digital collection and paid attention to the whole thing in a single day. .. Easy reading An awesome source! The writer is great to listen to, she has a very soothing tone of voice and makes plenty of sense. Enduring attitudes are the goal. Get to the core I can't believe there aren't more testimonials of this book. Easy reading Very informative. It's a genuine solution to getting genuine control of weight and also not feeling deprived. Five Stars Perfect transaction! Amazing book!



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