



Think Slim: An Easy-to-follow Program That is the Key to Making Any Diet Work

By Mark Stephens

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'Think Slim is weight loss for the mind.' - Dr Neil Peace, Sydney Medical Weight Loss Centre Having trouble losing weight or keeping the pounds off permanently? The answer is all in your mind, says hypnotherapist Mark Stephens, the creator of the groundbreaking Think Slim program that can be used in conjunction with any diet. Think Slim gives you the tools to change the way you think, so you can stick to your eating plan and exercise routine. Via self-hypnosis using twelve transformational keys, Mark will show you how to: * control emotional eating * eliminate limiting beliefs and negative feelings * change bad habits * set goals and stay motivated * alter your thinking at a subconscious level * use positive self-talk * and a whole lot more. 'With the help of Think Slim we can win the obesity war.' - Adro Sarnelli, winner of The Biggest Loser'

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Think Slim: An Easy-to-follow Program That is the Key to Making Any Diet Work By Mark Stephens Bibliography

- Sales Rank: #4399175 in Books
- Published on: 2007-01-02
- Original language: English
- Dimensions: 8.19" h x .71" w x 5.51" l, 972.24 pounds
- Binding: Mass Market Paperback
- 304 pages



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Editorial Review

About the Author

Mark Stephens is a hypnotherapist and trainer in Time Line Therapy and Neuro-Linguistic Programming (NLP). After training more than 300 weight-loss consultants, Mark saw the need for a program combining the best of each discipline with good old-fashioned motivation and commonsense to help slimmers reach their goals. For more information on the Think Slim program go to thinkslim.com.au

Users Review

From reader reviews:

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