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40 Days to Freedom: Shed the Shackles of Food Craving, Diet Cycling Body Shaming (Paperback)

By Ben Patwa

Experts Legacy Publishing, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 40 DAYS to FREEDOM leads the reader through an expertly guided transformational process to break the cycle of food craving, diet cycling body shaming, once and for all. Using Neuro-Linguistic Programming (NLP), we will teach you how to overcome compulsions and bad habits, and to release limiting beliefs and emotional connections to food. By implementing the steps found in this book you will re-program the way you think and feel about your body and install positive and supportive habits that keep you accountable and progressing toward your goals. With your newfound knowledge and motivation you will become equipped and empowered to create lasting results. As a conscious health consumer, does the vast amount of information available online, in bookstores, from health professionals and peers only leave you feeling overwhelmed and unsure of whom to trust, and what to implement? Do you encounter conflicting and confusing information seemingly at every turn, leaving you with more questions than answers? Have you come to realize that having the best intentions or strong willpower to gain control over your eating habits isn't enough to thrust...



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