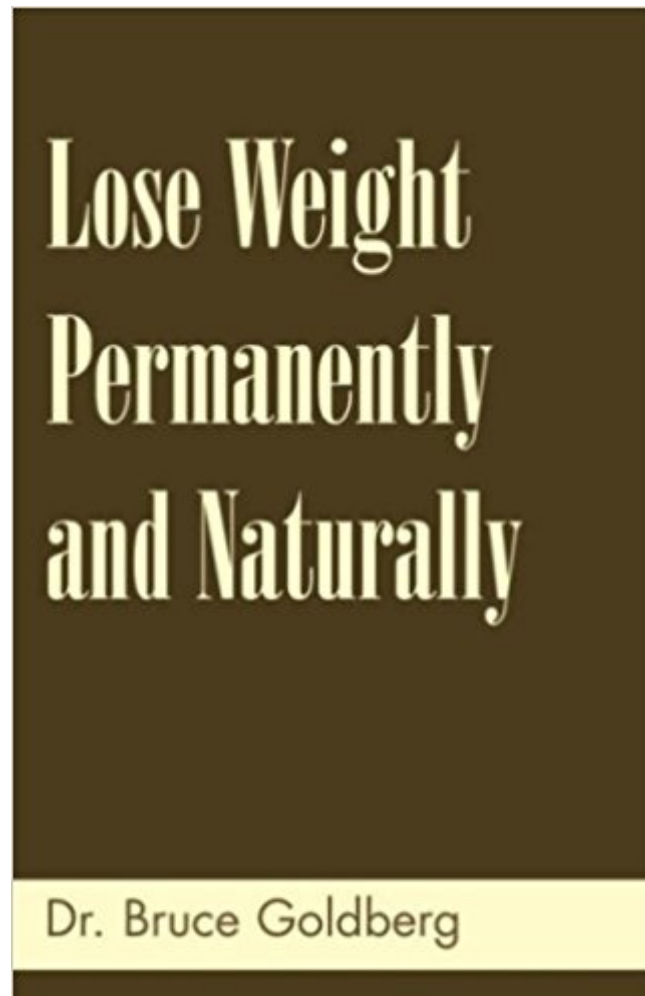




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Lose Weight Permanently And Naturally



Synopsis

The spiritual energies that continually interact with our physical body dramatically influence our bodies, our thoughts and our emotions. We don't really understand these forces because they are usually hidden from our awareness. The purpose of this book is to help bring the hidden spiritual energies into a clearer focus so that we may consciously draw upon them to create emotional, mental and physical functions in our lives that will allow us to lose weight permanently and naturally. In this book Dr. Goldberg presents many self-hypnosis exercises that override the willpower and reprogram the subconscious mind to eliminate the true causes of overeating. You will learn never to count calories, diet or fast. You will learn how to live a healthier lifestyle that will make your weight loss permanent. Other benefits you will obtain from reading this book are: *How to incorporate easy to do exercises into your life. *How to create a leaner mind set by concentrating on how you lead your life, not how much you weigh. *How to develop more balanced eating habits. *How to read food labels and eliminate high-carbohydrate foods from your shopping list. *How to live healthier and naturally maintain your ideal weight. *How to induce and use self-hypnosis to empower yourself in all aspects of your life. *How to raise your level of spiritual growth while you lose weight permanently.

Book Information

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Customer Reviews

Dr. Bruce Goldberg is a dentist and clinical hypnotherapist, who has written over 19 books and dozens of articles on self-hypnosis and spirituality. His second book, *The Search For Grace*, was made into a CBS movie. Dr. Goldberg has been interviewed on Oprah, Regis, Montel, Jerry

Springer, CNN, CBS, NBC, ABC, FOX, Art Bell and George Noory and many others.

Pages 16 to 17 and 18 to 19 include about a topic that could pertain to weight loss that could be extremely unpredictable at first, but seems like it would be very effective in my opinion. Page 32 perfectly explains the attitude of one who is lazy about exercise and what that person can do about it. The top of page 77 includes about a topic that blends well with this. After reading pages 50 and 51, one can understand a more unique attitude the author presented to weight loss. What the author has about fasting on pages 32 and 33 is an extension of this attitude. There's definitely conflicting views about fasting, and if you have any opinion at all about it you really ought to see what the author wrote about it and think about it; this could really change your life for the better. It's changed mine. A topic covered on pages 82 to 84 can benefit anyone, regardless of if weight loss is his or her goal. Pages 84 and 85 have about music. If you urge to eat certain food a lot, look at page 140. Pages 61 to 63 are especially beneficial for one to see what food can decrease fat. This is even another significant consideration for those who despise the idea of strenuous exercise. Page 58 includes one of my favorite drinks mentioned because it supplies two nutrients that the author claims is very important. The second nutrient mentioned on page 58 serves as well to lower fat. There's a point made regarding caffeine and insulin which is really attention-grabbing for people like coffee drinkers on page 64. There's a "fun fact" about the human body at the bottom of page 135. But it's not just eating & drinking and attitude suggestions the author offers for weight loss; there's an entirely unpredictable way one could really appreciate included in Chapter 7. Pages 121 122 and 126 include writings about an option for hypnosis. Also, what's listed fourth on page 126 is an option I personally find extremely persuasive. The last sentence on one of the paragraphs on page 101 is one that will probably cause anyone to look at hypnosis in a deep, personal way, and I favor this claim the author made about it. Also on this page is quite a surprising claim about dreams.

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