



Think More, Eat Less: Use Your Mind to Change Your Body

Janet Thomson

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Ditch dieting, calorie counting, weighing and measuring, and embrace a whole new understanding of your body

Fed up with endless faddy diets that never deliver the results you want, and leave you lunging for the chocolate with a guilty conscience? It's time to stop punishing your body with crazy regimes in the hope that one day it will co-operate, and recognize that to lose weight and change your body, you first have to change how you think.

Think More, Eat Less will help you do just that, providing a step-by-step plan to re-programme your thoughts surrounding food. It will also give you an understanding of how your hormones control your body weight and how you can learn to manage them using a unique food system to cleanse your body and burn fat, allowing you to make physical and emotional transformations you never thought possible: a total Mind-Body makeover.

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