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Fat to Fearless: Enjoy Permanent Weightloss and End Emotional Eating.for Good! (Paperback)

By Asher Fox

Jetlaunch, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you secretly afraid you'll be fat forever? If your answer is yes, chances are you've been bought into the MYTH that more knowledge about nutrition and exercise is the key to finally losing the weight for good. Unfortunately, this is simply not the case. Many people try every diet, pill, shake and exercise plan out there, and end up just as overweight and unhappy as they were before they tried losing the weight in the first place. This is because lifelong weight loss isn't just about gaining more knowledge. In order to lose the weight for good, you must deal not only with the conscious mind, but also tap into the incredible power of your subconscious. Fat to Fearless is a unique approach to successful body transformation that looks beyond the latest weight loss plans and fad diets, and instead explores the underlying emotional and subconscious factors that lead to self-sabotage, emotional eating and loss of willpower. Asher Fox, a former-pound personal trainer turned therapist and Subconscious Behaviorist created the Fat to Fearless(r) program to...



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