



## Lose Weight with NLP: Be Thinner and Healthier without Going on a Diet

By Lindsey Agness

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Lose Weight with NLP: Be Thinner and Healthier without Going on a Diet, Lindsey Agness, The market is full of 'diet' books that promise to make you thin with the latest breakthrough plan but none of them work in the long term. Lack of willpower, boredom and cravings can sabotage our ability to stick to a diet plan, get thin and stay that way. "Lose Weight with NLP" focuses instead on changing your relationship with food and giving you back control so you can lose weight and keep it off. "Lose Weight with NLP" is not a diet plan, not an exercise plan, is simple to follow and achieves results. Whether you are looking to drop a dress size or going for a more dramatic change, you can use the power of NLP to shift that weight. Lindsey Agness helps you develop a healthy mindset, good eating habits and a strong motivation for exercise - the result is a healthier body and sustained, lasting weight loss.

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