



Sleep Your Fat Away: Train Your Brain to Lose Weight Effortlessly

By Joy Martina

Morgan James Publishing. Paperback. Condition: New. 190 pages. Dimensions: 8.9in. x 5.9in. x 0.7in. The secret key to losing weight easily! Train your brain and say goodbye to diets forever! You think losing weight is all about diet and exercise. You think: If only I could just stick to that diet, resist the carbs and exercise daily, I would lose weight! But I am too weak and don't have the willpower. You are stuck in a vicious cycle, going from failed diets to bouts of secret indulgence, from deprivation to frustration! What you don't know: You are fighting a war against yourself and subconsciously setting yourself up for failure! Your subconscious mind rules how you think, react and eat. The good news is: You can train your brain to work for you, to automatically achieve weight loss for life! Sleep Your Fat away reveals: How to shrink your stomach and lose weight effortlessly. How to train your brain while you sleep and much more! Your personal coach at your bedside. While you are sleeping, your subconscious mind receives seven hours of positive affirmations and empowering beliefs. It is the pain-free path to your ideal weight. The Authors Joy Martina, MD is...



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