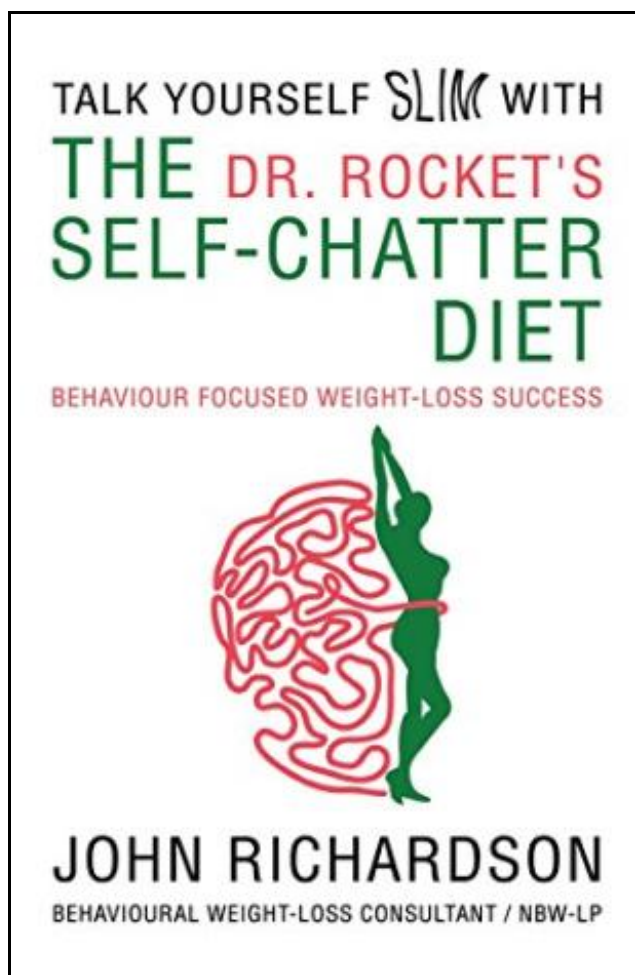# Dr Rocket's Talk Yourself Slim with the Self-chatter Diet: Behaviour Focused Weight Loss Success

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Reviews

Very helpful for all category of men and women. It is rally fascinating throgh studying period. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Prof. Asia King)

DR ROCKET'S TALK YOURSELF SLIM WITH THE SELF-CHATTER DIET: BEHAVIOUR FOCUSED WEIGHT LOSS SUCCESS

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Troubador Publishing. Paperback. Book Condition: new. BRAND NEW, Dr Rocket's Talk Yourself Slim with the Self-chatter Diet: Behaviour Focused Weight Loss Success, John Richardson, This book is 'The Answer' to the world's steadily increasing obesity epidemic. Talk Yourself Slim with the Self-Chatter Diet was written from John Richardson's childhood observations of his grandfather and mother. His grandfather was slim, and a naturally healthy weight, whereas his mother was not, and this was the true cause of her early disablement. Diets don't work, do they? Not conventional, out-of-date, orthodox, restrictive diets - these are one of the fundamental instigators of obesity in the world today, fueled by the same diet industry that masquerades as a 'solution provider'. It is not food that makes people overweight, but the behavioural manner in which food is eaten, and until obesity is addressed and treated behaviourally, no solution will ever be found. In this book you will discover the true cause of obesity: beliefs, habits and associations. Richardson first provides a way in which these rogue behaviors can be identified. He then questions them and challenges them, allowing readers to form a general understanding of a method through which they can be changed. Talk Yourself Slim was written to facilitate permanent weight-loss success, and nothing more. This simple yet highly effective method is uniquely innovative in its approach, ideal for anyone fed up of diets that don't work, who wants to lose weight and keep it off!.

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