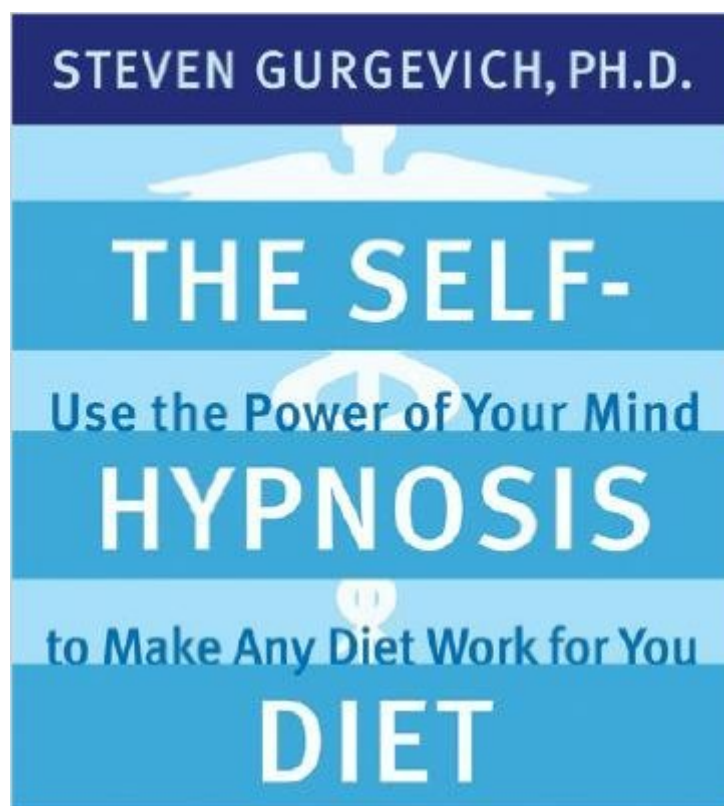


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Synopsis

If you've ever been on a diet, you know that planning your menu is not the hard part - sticking to that plan is. ... But what if you had a way to change your cravings and state of mind with the power of deep relaxation? With The Self-Hypnosis Diet, Dr. Steven Gurgevich provides you with clinically proven methods of self-hypnosis to unlearn old eating patterns, and to create new and lasting behaviors for succeeding with a healthy diet. As a premier member of Dr. Andrew Weil's physician's training program, Dr. Gurgevich has brought hypnosis to the forefront of modern medicine. Now this pioneer of mind-body healing teaches you how to apply the power of medical hypnosis to the unique challenges of dieting.

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