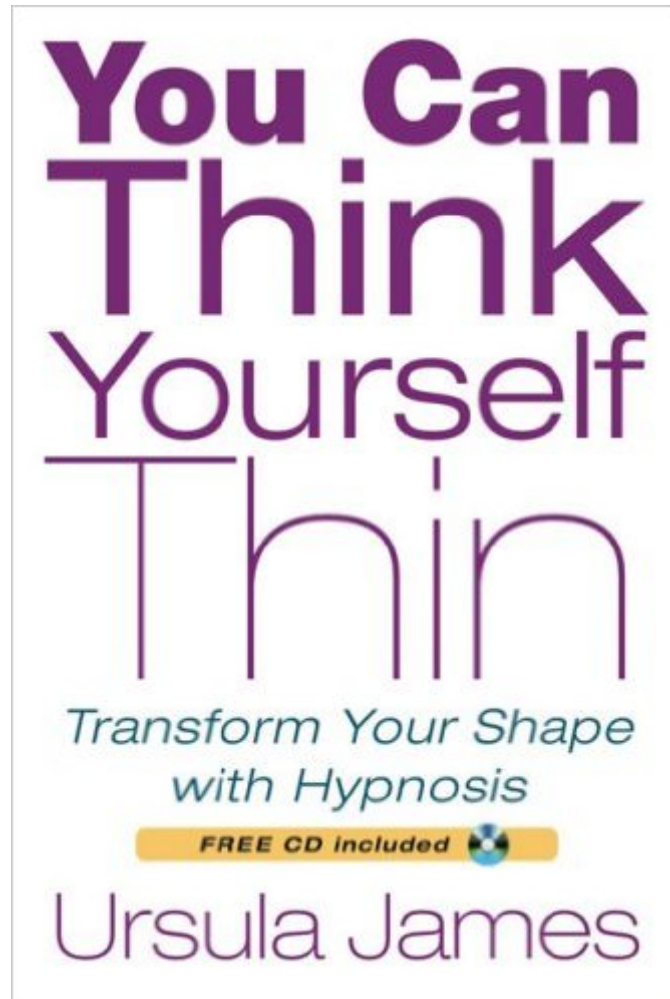


The book was found

You Can Think Yourself Thin: Transform Your Shape With Hypnosis



Synopsis

Do you want to take control of your weight and get the body you always dreamed of? You can-and this book will show you how. In this groundbreaking book, the United Kingdom's premier hypnotherapy practitioner presents a unique program for weight-loss that requires very little effort and yields amazing results. How? You think yourself thin. For years Ursula James counseled people who wanted to lose weight but who found that no diet ever worked for them. What gradually became apparent to her is that most of them already knew what they should be doing to lose weight-they just couldn't quite get themselves to do it. It was a problem of the mind and one that could easily be solved by using targeted hypnosis methods. In this book and CD package, James shares with readers for the first time the clear and simple techniques she uses with her patients-and with amazing results. With this program, readers learn how to take themselves deep into their subconscious minds and change the thought patterns that allow them to discard negative habits and create new, more healthful ones-and all without having to suffer through grueling exercise or food deprivations. Read this book and let Ursula James help you think yourself into the body you've always desired, and the confidence you deserve.

Book Information

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Customer Reviews

Like some people, I have to lose some weight for looking great and also for having a good health!! I have found this book really by surprise one day on . I have already read some book about hypnotherapy for losing weight (Paul Mckenna, Marisa Peer...) and I was not impressed. I have to say that I was not disappointed because I didn't give a lot of hope in this kind of book ... BUT that

was until I discover Ursula James. I have read her book for about three weeks from now. I took my time because I read this on my travel for working (about 5 pages per day on my train). Her writing was simple, her words were clear... I was really impressed by how the word went on my mind and deeply in. Her analyze is well done. Unlike any other book about the same subject, she explains how the past, the present, our environnement, our family, our life affect us deeply and allow us to have a poor diet life. There is three phase on her book: First one: The Past Second: The Present Third: The Future For each phase, you have to read a track on her CD. She really explains when you have to listen each track. After listen a track, you have to take a day off (no reading further her book). And after that, you go on. Between her phase, she give you some tips, some advice. She tells you to do some "exercise": Like throwing away your old shoes, taking an appointment each week with yourself ... As for her CD track; her track doesn't contain any music. And as for me, this is perfect. You concentrate on her voice. Her voice is really clear; the ton is perfect, she take time to use every word. This is hypnotic. I have to say, that for her track I don't really remember every thing she said. I am ashamed to say that I feel like I fall asleep. I am deeply focused.

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