



## Lose Weight, Stop Stress and Make Better Love 5 Easy Steps by Training Your Brain

By Dr. Frank G. Sommers MD

Pathway Productions Inc. Paperback. Book Condition: New. Paperback. 78 pages. Dimensions: 7.7in. x 5.1in. x 0.3in. If you want to lose weight and are tired of diets feel relaxed (without pills) and reduce stress, with mindfulness have better control of your life, to take charge in more effective ways, and even improve your love life. This life-changing short, easily understood book will tell you how, using brain science. Lose Weight, Stop Stress and Make Better Love in 5 Easy Steps by Training Your Brain provides you with a brief, very effective guide to help you conquer stress and overeating, and thus successfully, once and for all, fight weight-gain and obesity. Lose Weight, Stop Stress and Make Better Love in 5 Easy Steps takes a very different approach to the problem of weight control. Using your brain power and nervous system you can modify, if not eliminate, a major cause of unhealthy eating: STRESS. Did you know that our brain can convert stress feelings into hunger signals? Moreover, using modern brain science you will be able to apply the techniques learned here to enhance the pleasure in your love life, and can even help you to sleep better. In this innovative...



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