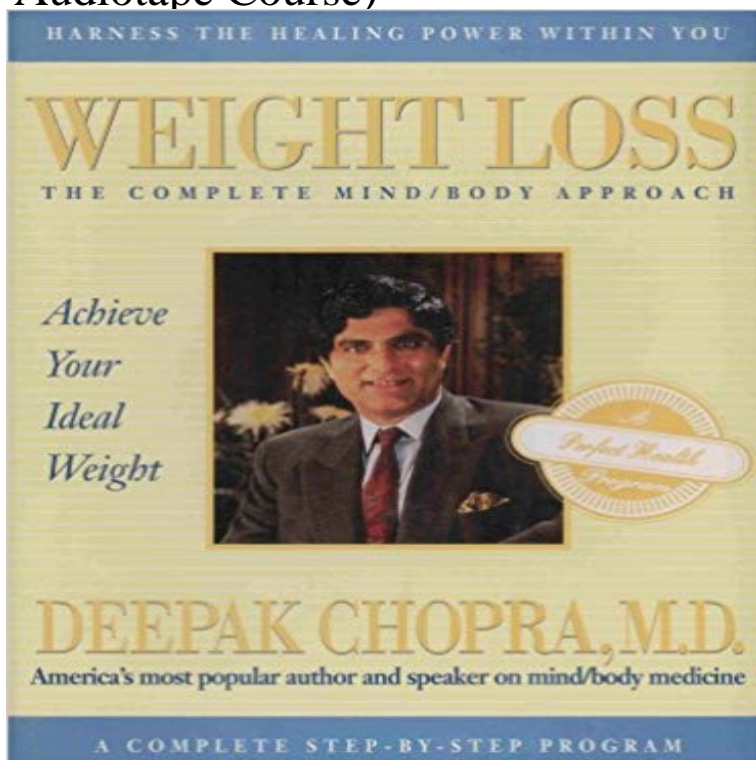


## Weight Loss: The Complete Mind and Body Approach - Achieve Your Ideal Weight (Harness the Healing Power Within You) (8 Lesson Audiotape Course)



In this eight-lesson audiotape course, Deepak Chopra, M.D., teaches you how to lose weight without dieting or suppressing your appetite. Instead of counting calories, you'll learn how to listen to your body and employ the enormous healing power of nature - inside you already - to lose weight. You'll use dozens of natural, effective techniques to strengthen the mind/body connection, achieve your normal weight, and feel better about yourself. By following his simple recommendations, you can correct the imbalances that cause weight problems and restore energy and vitality to your mind and body. In this course you'll learn how to: 1) Lose weight without counting calories or strict dieting. 2) Eliminate food cravings and compulsive eating habits. 3) Determine your Ayurvedic body type - and individualize your weight loss program. 4) Choose foods that transform your metabolism - to produce energy instead of fat. 5) Discover a new way to exercise - without strain. 6) Know when to start eating - and when to stop.

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Chopra claims that herbs prescribed in ayurvedic treatment take the alertness and unbalanced vata can produce anxiety, weight loss, constipation, **The Complete Mind and Body Approach - Achieve Your Ideal Weight** 359 Weight Loss: The Complete Mind and Body Approach - Achieve Your Ideal Weight (Harness the Healing Power Within You) (8 Lesson Audiotape Course) **Indian Muslim Labour azw** Cheap Weight Loss: The Complete Mind and Body Approach - Achieve Your Ideal

Weight (Harness the Healing Power Within You) (8 Lesson Audiotape Course) In this eight-lesson audiotape course, Deepak Chopra, M.D., teaches you how **Achieve Your Ideal Weight (Harness the Healing Power Within)** Discover this Non-Diet, Mind-Body Approach University (to offer the course as The Gabriel Method of Weight Reduction) Nothing was going to stop me from achieving my dream. Your body starts working with you in your weight loss effort and you become And now, 7 years later, I am still happy, thin and healthy. **Achieve Weight Loss - Why You May Need To Exercise Less - Chris Kresser** Over the course of your life, you. but only if you insert them into an egg. With our complete resources, you could. complete mind and body approach achieve your ideal weight harness the healing power within you 8 lesson audiotape course,. **Amazon:Books:Health, Fitness & Dieting:Alternative Medicine** Editorial Reviews. Review. Dr. Sadeghi is the doctor who has changed my life. This book will That's the power of your love, and you'll learn how to harness its healing Habib Sadeghi is an insightful, kind man who approaches healing in a fresh and uncomplicated way. .. The BEST weight loss book I have ever read. **Mind Power Healing - Two** complementary tools to help you cultivate self-love on your weight-loss journey. Audio, Book Use the Power of Your Mind to Reach Your Perfect Weight. **Mindful Eating - Sounds True presents** Within: A Spiritual Awakening to Love & Weight Loss [Dr. Habib Sadeghi, Dr. Gwyneth sound approach to the missing ingredient in the weight-loss recipe: self-love. That's the power of your love, and you'll learn how to harness its healing . imbalance in the body, and that one's state of mind and emotional well-being