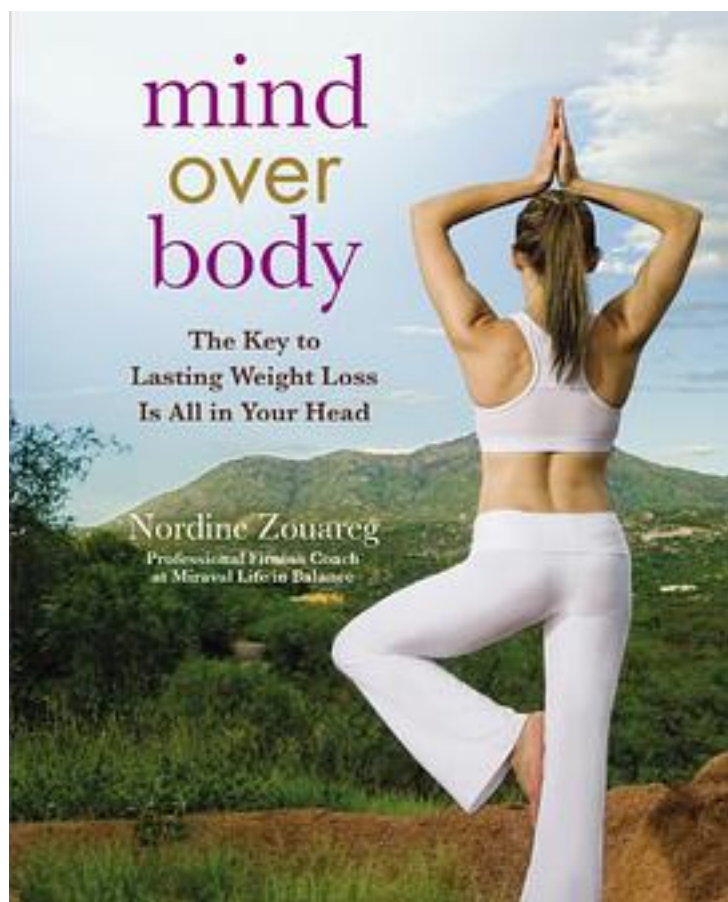


Mind Over Body



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出版者:Grand Central Pub

出版时间:2007-6

装帧:HRD

isbn:9780446580779

Most of us already know what we should be doing to lose weight and improve fitness, but until now, no one has been able to get us from the knowing to the doing. The key to lasting weight loss, says Miraval Spa and Resort coach Nordine Zouareg, is 'all in your head' and he gives readers the mental (and physical) tools to actually stick to a

diet and fitness plan to get the results they desire. Nordine tells his clients that the mental work they do BEFORE they start their diet and exercise plan is actually just as important that the actual workout itself. MIND OVER BODY takes readers through the steps to first identify their 'core desire' (the enduring motivation that will keep them working towards a goal), and then to master the tools (visualisation, meditation, affirmation) to keep them on track with their weight-loss goals. Only after readers understand their foundation will they move on to the nutrition and exercise plan.

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