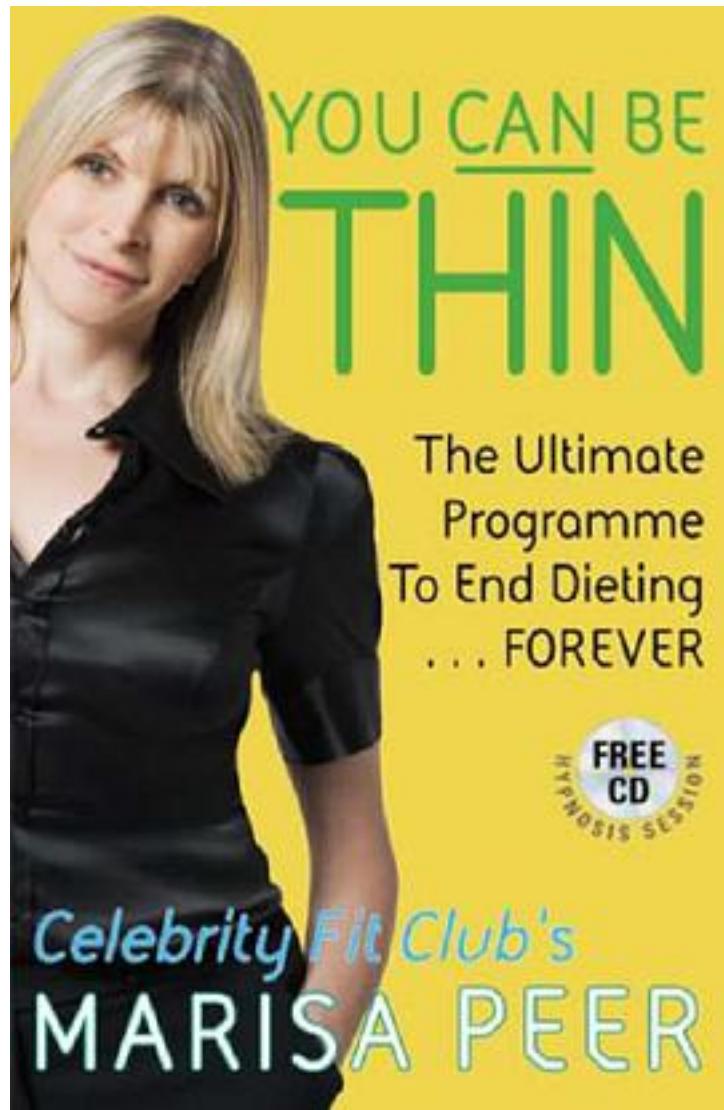


You Can Be Thin



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著者:Marisa Peer

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Marisa Peer introduces her revolutionary method of reprogramming the brain to alter feelings and associations related to food, to enable everybody to have a healthy relationship with it and, as a result, have a healthy body at a sustained ideal weight. With its refreshing and empowering style, YOU CAN BE THIN works on many levels by using techniques including fun and powerfully affecting exercises, subtle repetition and straightforward questionnaires to break negative patterns and banish cravings. An effortless process, the reader's progress through the book is a hypnotherapy treatment in itself. Addressing habitual eaters, emotional eaters, addicted and ignorant eaters, the cure, which is not to be found anywhere else, lies in the process of reading the book.

作者介绍:

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书评

生物学和营养学角度阐述食物与人的关系，揭露食品真相，帮助肥胖人士鉴别是哪种饮食紊乱症，然后对症下药。尤其要吃天然食品，不要吃加工食品，避免谷物和奶制品。我们平常的生活都在各种各样的谎言下被洗脑了，这本书读后，给了我巨大的颠覆性，很有用。

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