



The Self-Hypnosis Diet: Use the Power of Your Mind to Make Any Diet Work for You

Steven Gurgevich

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What's missing from the hundreds of diets on the market to help us achieve healthier bodies? "The most important element," teaches Dr. Steven Gurgevich, "is not in the body, but in your mind." As a key member of Dr. Andrew Weil's physician's training program, Dr. Gurgevich has brought hypnosis to the forefront of modern medicine. With *The Self-Hypnosis Diet*, he shows that anyone can use medical hypnosis to achieve long-term success in shifting our appetites to healthier foods and reaching our desired weight. With over three hours of instruction for using hypnosis to reduce your appetite, increase your metabolism, remove emotional barriers, and more, plus an "emergency" session to instantly deal with cravings.

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