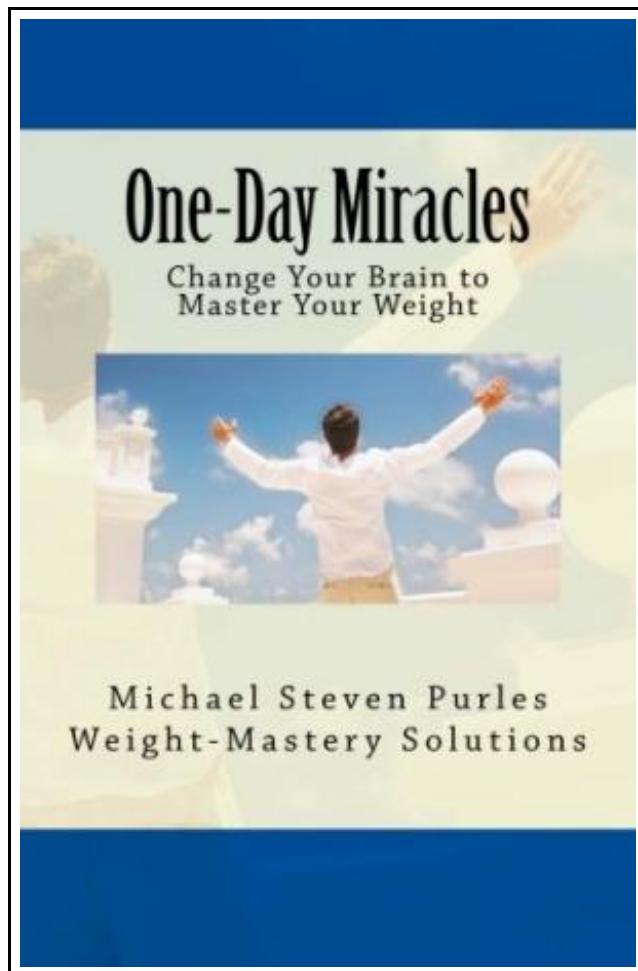


## One-Day Miracles Change Your Brain to Master Your Weight



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Weight-Mastery Solutions. Paperback. Book Condition: New. Paperback. 94 pages. Dimensions: 8.5in. x 5.5in. x 0.2in.Think differently to master your weight - think yourself thin. Bring an end to the yo-yo cycle of losing weight, regaining it, losing it again . . . One-Day Miracles has done what you would do convert brain change science into proven effective and simple to use tools for long-term weight-mastery. Long-term weight loss has two critical steps: 1. First, change your brain and thoughts 2. Second, then you can change your body It is time to end temporary weight loss efforts. Any program that does not inspire and instruct in brain change is doomed to provide only temporary assistance. Change your brain and use its remarkable abilities to become the master of your weight. Every action and behavior begins with a thought. You actually create your actions and yourself in your mind before you do in your body. With easy-to-use brain science tools, you will recreate yourself through a change in your thoughts, actions, and habits. Remarkable personal advances can take place in a single day for lifestyle change. This guide focuses exclusively on the processes and tools needed to change your thoughts and brain for weight-mastery, a day at a time, the way we all live. You will be guided in the daily use of these 10 mental exercises to think yourself thin. 1. Goal creation where are you going 2. Success commitment casual or determined 3. Creative visualization what you think about is what you do, virtual brain change 4. Habit change through brain change rewiring your brain for healthy behaviors 5. Patience necessary component of personal power 6. Willpower persistent use of healthy processes 7. Give - create and receive a powerful personal support structure 8. Acquiring energy fill your batteries from...

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