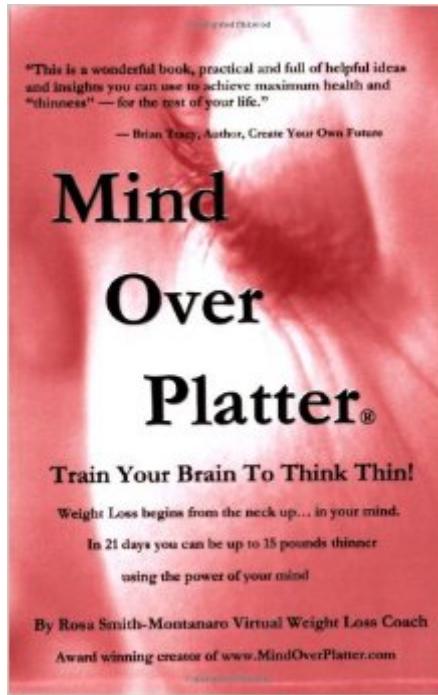


The book was found

Mind Over Platter



Synopsis

Train your brain to think thin. Imagine yourself thin. Lose up to 15 pounds in 21 days using the power of your subconscious mind. Mind Over Platter combines coaching, hypnosis, NLP (neuro linguistics programming) and nutrition to transform your mind and body. Not only will you train your brain to think thin, you will train your body to become a fat burning machine. By Rosa Smith-Montanaro, America's Virtual Weight Loss Coach and award winning creator of www.MindOverPlatter.com

Book Information

Paperback: 208 pages

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Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ See all reviewsÂ (11 customer reviews)

Best Sellers Rank: #1,951,041 in Books (See Top 100 in Books) #30 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #1106 inÂ Books > Self-Help > Hypnosis #8760 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

When I ordered the cd, I was a bit skeptical. I needed a kickstart on my weight loss. I knew it was simply a matter of training my mind to not overeat as I had been doing. I took a shot and figured at the very least it would be about 45 minutes of relaxation a day. Sure enough, on my first listen I was able to achieve that numb, tingly feeling throughout my body, signaling complete relaxation. I have been listening to the "Imagine Yourself Thin" session for 1 week now. I noticed an immediate decrease in the meals and snacks I was eating. So far, I've lost 2.5 pounds. I haven't had time to listen to the exercise session yet. I'm hoping to do that soon and I'm sure it will improve my results. I will try to check back in a few more weeks for an update.

Smith-Montanaro is part coach, part cheerleader and part tough survivor. SM doesn't have a pill or a panacea, but she does have a program. The program is physical and spiritual. She understands, from her own painful vivid experience, that changing your weight is changing your life. She doesn't

sweet-talk you into thinking it's easy, but she does-- a la girlfriend-- convince you it is possible, even though difficult. The book is easy reading. Her narrative style is riveting. But she never lets you off the hook - if you don't change your mind about your portion in life, you'll never change the portions on your platter.

I'm still reading it, but what I can say is that I've changed my opinion of myself for the better. This is very unique as it even give you small projects/assignments at the end of the chapters to further strengthen what she is teaching you to do. Positive, Positive, positive!!..Will probably order a few more for the girls in my weight loss support group!. Thank you Rosa!!

I was a client of Rosa's for a while and she is the real deal. This book is excellent. The story of her life in the beginning was a shock for me! I never would have guessed she went through such hard times. She's a lovely person.

I have gotten Rosa's cd and book and it has AMAZED me how powerful the mind is over your body. The mind is not an organ to be reckon with. If you get a hold on what it is you want to how you see yourself, you WILL achieve it. I would recommend this series to anyone who wants to lose 1 lb OR 100 lbs. She does a lot for you, but YOU have to do the majority of the work. If you are persistent, you WILL lose the weight YOU want!!!! THANKS, ROSA!!!!!!

Attended Rosa's seminar in Rochester ny and loved her..Bought the kindle book and read it twice and will again..Down to Earth subject matter and approach with a lovely personal touch

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Mind Over Platter The Silver Platter: Simple to Spectacular Wholesome, Family-Friendly Recipes
NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide The Ultimate Book of Dad Jokes: 1,001+ Punny Jokes Your Pops Will Love Telling Over and Over and Over... Designing with the Mind in Mind: Simple Guide to Understanding User Interface Design Rules Hypnosis: Medicine of the Mind: Hypnosis: Medicine of the Mind - A Complete Manual on Hypnosis for the Beginner, Intermediate and Advanced Practitioner Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body

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