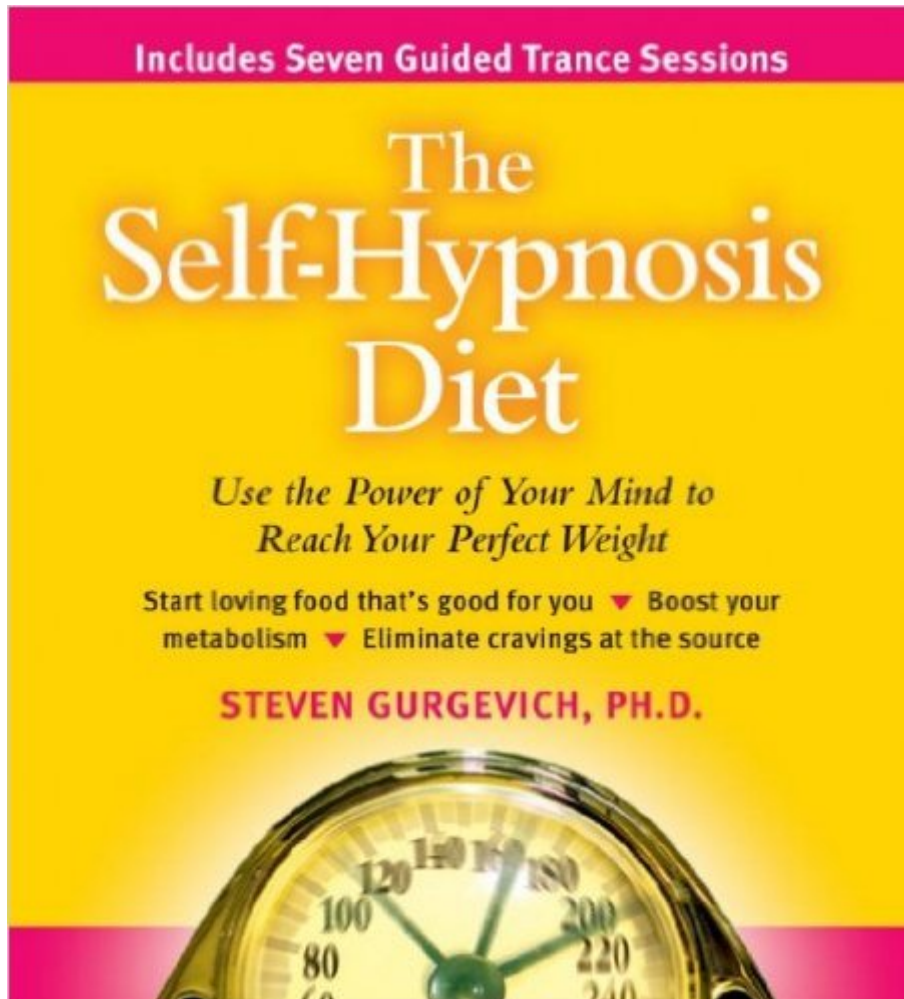


The book was found

The Self-hypnosis Diet: Use The Power Of Your Mind To Reach Your Perfect Weight



Synopsis

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 3 CDs 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.

Book Information

Audio CD

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Product Dimensions: 5.3 x 0.6 x 5.8 inches

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Average Customer Review: 3.7 out of 5 stars [See all reviews](#) (47 customer reviews)

Best Sellers Rank: #107,402 in Books (See Top 100 in Books) #2 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #50 in [Books > Books on CD > Health, Mind & Body > General](#) #63 in [Books > Self-Help > Hypnosis](#)

Customer Reviews

Steven Gurgevich, Ph.D. specializes in mind-body medicine. As your guide, he leads you through a number of hypnosis sessions that are non-threatening and nurturing. Having someone in your life to encourage you is a very powerful force for change. Spending time reprogramming your thinking patterns helps to banish negativity so you can achieve the change you are seeking. In the first session time is spent explaining how thoughts influence the body and how the body influences thoughts. Steven Gurgevich explores the dynamics of weight loss and explores how you can achieve your perfect weight. He gives insight into the origins of emotional eating and explains why diet beverages can actually cause you to gain weight. In the second session acceptance and self control are encouraged and positive affirmations encourage new positive lifestyle choices. I love the part where you imagine you are going up stairs into a castle tower. I felt like he was reading my

mind because for a long time I've had such a place to escape to and it brings a sense of comfort. In this tower, you sit in a chair and listen to a calming voice leading you to places where you can remove emotional obstacles and understand why you may choose certain foods for various reasons. This hypnosis sessions on this disk include: healthy habits, emotional barriers, self-love and acceptance, and self-control for cravings and temptations. In sessions three there are various ideas that bring healing to your life. You may choose to spend more time enjoying the preparation of food or choose to step away from food and introduce other emotionally fulfilling activities in place of unconscious eating.

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