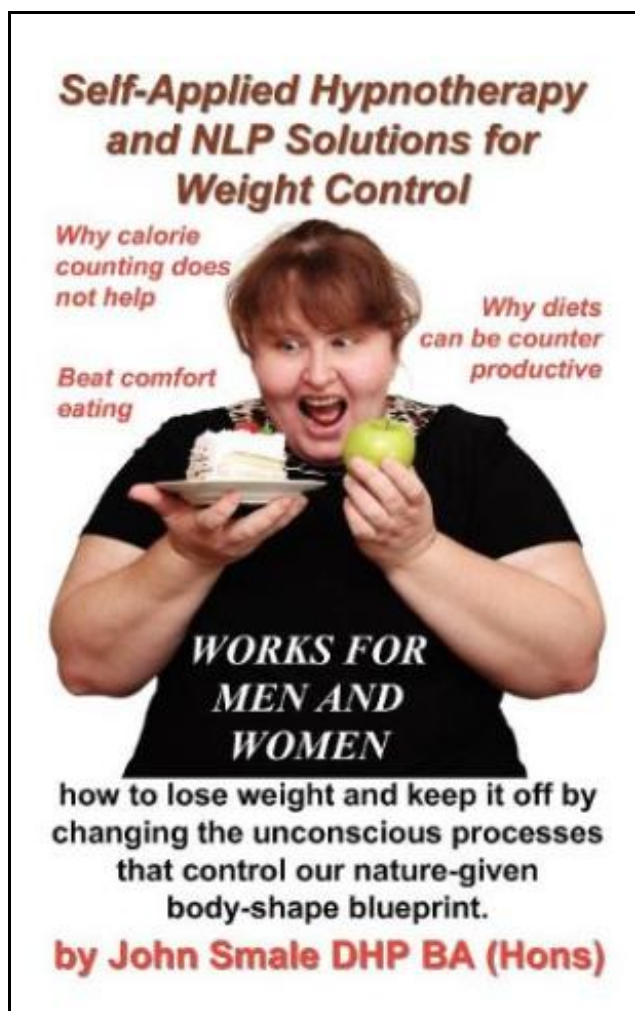


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Emp3books, United Kingdom, 2011. Paperback. Book Condition: New. 201 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.We need to address the issues of weight and shape from a different perspective to that of counting calories and fad diets. We need to use the natural resources that we have. We are able to control our body shapes rather than provoking the responses that work against them. By working with our inherent systems, we can encourage weight loss in the medium to longer term. This book shows you how to lose weight and keep it off by changing the unconscious processes that control our body-shape blueprint. The body-shape blueprint is exactly what it sounds like. Throughout human history our bodies and minds have worked together to establish and maintain the body shapes that optimise our chances of survival. The most variable factor in this body-shaping is the amount of fat that is stored. In addition to helping you to change your shape the book also explains many myths and fallacies about weight control: Why calorie counting does not help. Why dieting can be counter-productive. Why mothers put on weight. Why mothers finish food left on their children s plates. Why men and women store fat in different bodily locations. Why grandparents put on weight. Why we comfort eat. Why overweight people are often fast eaters.



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