



# The Self-Hypnosis Diet: Use the Power of Your Mind to Reach Your Perfect Weight

*Steven Gurgevich, Joy Gurgevich*

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**The Self-Hypnosis Diet: Use the Power of Your Mind to Reach Your Perfect Weight** Steven Gurgevich, Joy Gurgevich

Renowned hypnosis and health experts Steven and Joy Gurgevich reveal the most powerful tool available for sustainable weight loss--our subconscious minds. With The Self-Hypnosis Diet, readers can reach their perfect weight with proven, successful techniques designed to utilize and understand the subconscious mind-body connection. In this instructive book and companion CD of guided self-hypnosis trancework sessions, readers will discover: - How to determine, reach, and maintain your ideal weight based on your own needs - How to increase willpower, change unhealthy eating patterns, and create new and lasting behaviors - How to still have an enjoyable, fulfilling love affair with food As members of Dr. Andrew Weil's Integrative Medicine program, Steven and Joy Gurgevich have taught thousands how to use hypnosis to overcome the innate challenges of dieting. With The Self-Hypnosis Diet, they provide readers with the "missing ingredient" to any plan for achieving a healthy diet and lifestyle--and change that lasts for a lifetime. A unique, proven approach to dieting that turns the subconscious mind into your most powerful ally in achieving your optimum weight.

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