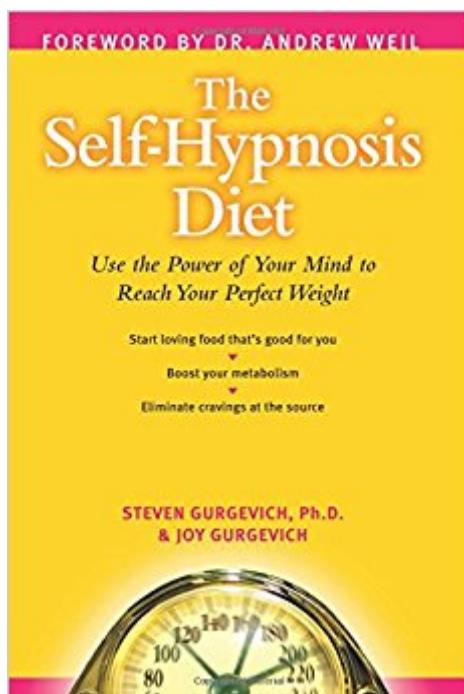


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# The Self-Hypnosis Diet: Use The Power Of Your Mind To Reach Your Perfect Weight



## **Synopsis**

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 trancelwork 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 behaviours- 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, now available in paperback, they provide the "missing ingredient" to any plan for achieving a healthy diet and lifestyle-and change that lasts for a lifetime.

## **Book Information**

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## **Customer Reviews**

Dr. Steven Gurgevich is a psychologist specializing in Mind-Body Medicine. He is Clinical Assistant Professor of Medicine at the University of Arizona, College of Medicine, and Director of The Mind-Body Clinic within Dr. Andrew Weil's Arizona Center of Integrative Medicine. Dr. Gurgevich continues his thirty-seven years of private practices at Behavioral Medicine, Ltd, and Sabino Canyon Integrative Medicine, LLC, in Tucson, Arizona. He is a Fellow, Approved Consultant, and faculty of the American Society of Clinical Hypnosis. Other memberships include: the Society for Clinical and Experimental Hypnosis, the American Psychological Association, state and local

psychological societies. Dr. Gurgevich's most recent book is *Hypnosis House Call* which includes a 2-hour DVD (published by Sterling, Jan. 2011). He is author of the Sounds True publications: *The Self-Hypnosis Home Study Course*, *Relax Rx*, *Relieve Anxiety with Medical Hypnosis*, *The Self-Hypnosis Diet* (audio), *The Self-Hypnosis Diet* (book, co-author Joy Gurgevich), and *Heal Yourself with Medical Hypnosis* (co-author Andrew Weil, MD) and *Relieve Stress with Medical Hypnosis*. He is also the author of over 60 titles of medical hypnosis applications published by Tranceformation Works' *Healing with Hypnosis Series*, numerous textbook chapters and professional papers about medical hypnosis. Dr. Gurgevich and his wife, Joy, live and practice near Sabino Canyon National Park in Tucson, Arizona, and have a virtual home at [HealingWithHypnosis.com](http://HealingWithHypnosis.com) Â Â

I was skeptical about this but thought it would be worth a shot. I was surprised how well this worked! I started to read the book but the material in the book seemed to be mostly common sense. I listened to the CD every night before bed and not only did it reduce my cravings and my urge to over-eat the next day, but it really helped me get a restful night's sleep. I wish there were more "chapters" on the CD. I definitely think this is worth a try.

I like this book. you can use it with the CD in the back.I believe it works for me.I go into the hypnosis pretty easy and I've noticed a difference afterwards. I don't seem so interersted in eating all the time. I like the information and explanations.

'excellent book I use the self hynosis every day.

seems to work-when I remember to use it. Recommended it to a friend.

This book is well written and has some very valuable suggestions and perspectives on the tricky subject of weight control. It is not a quick fix and really, the word diet in the title is not quite right but it is still likely to make more of a difference than a hundred diet manuals - highly recommended

Did not work for me

Have worked with self-hypnosis before and this is a good companion book to aid in further weight loss using hypnosis

The book is great and inspiring. I like best having the CD with it so I can review each day what I have learned before I go to sleep. I think there are two keys to weight loss that holds over time and one is setting an intention, the other is maintaining the motivation. The book helped me to set my intention and the CD helps me keep my motivation. I look forward to seeing myself at the weight that is best for me and hearing the compliments of others as I feel good about myself.

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