



Reprogramming the Overweight Mind (Now Part of the Hardcover Book)

Kelly Burris

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This title has been updated and is now a part of the hardcover book "Reprogramming the Overweight Mind: 7 Steps to Taking Control of Your Subconscious." The Missing Ingredient in All Other Weight Loss Programs (Now Includes the Emotional Checklist)

This powerful clinically proven Interactive Audio CD will guide you through the process of how to recognize, access and change the subconscious programming that is at the root of your emotionally driven eating behavior. The CD includes "The Heart of MIND/FITNESS", a 23 page booklet that you will use to put your subconscious on paper and begin the process of positive, empowering, change. This new version also now includes an Adobe Acrobat file called "The Emotional Checklist" which was use during the clinical studies and is used to help you understand where you are emotionally right now. The Emotional Checklist also includes "the "Behavior Control Checklist" and the "Relationship Satisfaction Scale". You can save this file to disk and type directly into it or print it out and write on it. Either way you will have an effective way of monitoring your emotional state. The recommended use for the Emotional Checklist is to fill it out before you start and then fill out another one every week for thirty days.

Another title by Kelly Burris called "Programming Your Fit Mind" completes the ultimate Mind-Body equation by getting to the very core of what motivates you as a human being

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