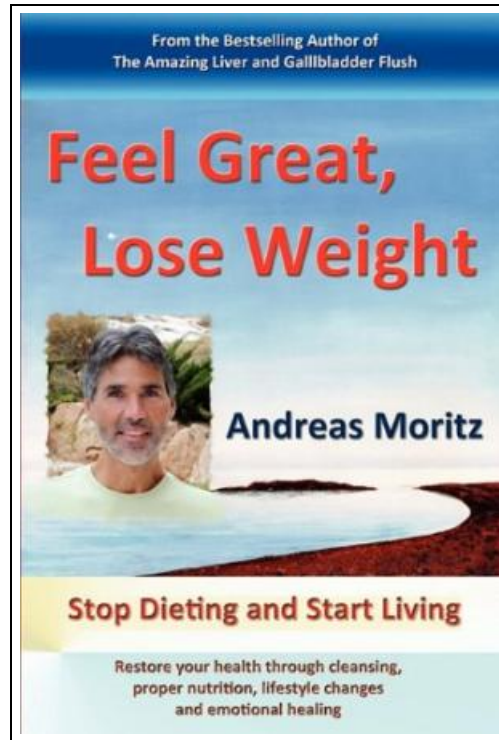


Feel Great, Lose Weight



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Reviews

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FEEL GREAT, LOSE WEIGHT

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Paperback. Condition: New. 260 pages. Author of several books including the popular Timeless Secrets of Health and Rejuvenation, Andreas Moritz has assisted people in taking responsibility for their own health and well-being. No rigorous workouts. No surgery. In this book, celebrated author Andreas Moritz suggests a gentle - and permanent - route to losing weight. In this ground-breaking book, he says that once we stop blaming our genes and take control of our own life, weight-loss is a natural consequence. You need to make that critical mental shift. You need to experience the willingness to shed your physical and emotional baggage, not by counting calories but by embracing your mind, body and spirit. Once you start looking at yourself differently, 80 per cent of the work is done. In Feel Great, Lose Weight, Andreas Moritz tells us why conventional weight-loss programs dont work and how weight-loss experts make sure we keep going back. He also tells us why food manufacturers, pharmaceutical companies and health regulators conspire to keep America toxically overweight. But we can refuse to buy into the Big Fat Lie. Choosing the mind-body approach triggers powerful biochemical changes that set us on a safe and irreversible path to losing weight, without resorting to crash diets, heavy workouts or dangerous surgical procedures. If youve done every diet, taken every pill and read every book, youre probably wondering if theres any point giving it one more shot. But youve possibly been seduced by conventional propaganda that places your health and weight in the hands of weight-loss experts, the gymnasium, medical doctors and the pharmaceutical industry. Theres a very definite payoff - for them - in getting vulnerable individuals to believe their self-serving promotional spiel. But what the universal weight-watchers guide wont tell you is that losing weight - yes, a...

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