



The Mind Diet: Harness the Hidden Power of Your Mind to Lose Weight Safely and Keep It Off Permanently

Irv Brechner

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Most people are hopelessly addicted to toxic foods, drinks and ingredients, loaded with sugar, HFCS, salt and fat. The author was one of them, but he went from being “fat and frustrated” to “healthy and happy” and wrote The Mind Diet that unlocks the key to safe weight loss for the long-term. It’s an innovative, fresh new approach that helps people get their minds in the right place to make the right food decisions. It is unlike every other diet book because it’s not a diet book – it’s a road map to learning how to harness the power of your mind to lose weight and keep it off. Four key guidebooks – Truth, Beliefs, Strategies and Tactics – get you to reach your “Moment of Truth” and put a well thought-out plan in place. Six other guidebooks and three bonus sections give you all the tools you need to succeed. “Irv’s fresh, new and innovative ‘mind over fatter’ approach empowers people of all ages to re-take control over their eating habits, a critical first step for long-term weight loss and a healthy lifestyle.” Dr. Ethan Lazarus

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