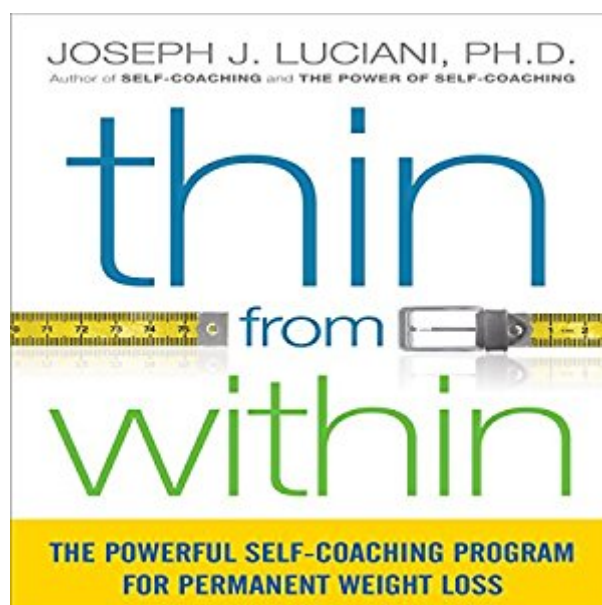


The book was found

Thin From Within



Synopsis

Tired of endless dieting? Not getting results that last? It's time to change your relationship to food and change the way you look - for life! Thin from Within explores the emotional triggers and ingrained behaviors driving overindulgence. It offers you powerful cognitive tools that will retrain your brain along with simple self-coaching techniques proven to break self-sabotaging cravings, compulsions, and emotional eating. These strategies will turn healthy eating into an effortless process of ongoing weight mastery. Thin from Within will make it easier than you ever imagined for you to lose those extra pounds for good.

Book Information

Audible Audio Edition

Listening Length: 8 hours and 23 minutes

Program Type: Audiobook

Version: Unabridged

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Audible.com Release Date: December 21, 2015

Language: English

ASIN: B018STKD0Q

Best Sellers Rank: #115 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition
#239 in Books > Medical Books > Psychology > Cognitive #386 in Books > Science & Math > Behavioral Sciences > Cognitive Psychology

Customer Reviews

Fifteen years ago, I moved across the country with my then-boyfriend (now my husband) and began experiencing crippling anxiety attacks as a result of leaving everyone and everything with which I was familiar. That's when I first encountered Dr. Joseph Luciani's work in Self-Coaching: The Powerful Program to Beat Anxiety and Depression. At the very least, it saved my relationship but it is not an exaggeration to say that it saved my sanity. At the time, I pondered how I could apply the principles from this book to my ongoing issues with weight but the thought was set to the side as life moved forward. Fast forward to current day and I no longer have to wonder. Thin from Within uses the principles of Self-Coaching via Self-Talk to help conquer issues with weight. The content of the book focuses on three "enemies" of weight loss and how to deal with them within yourself. No outside counseling or therapy needed. There is no diet endorsed in the book (although Dr. Luciani does mention his own experience and diet). The content around Self-Coaching does focus on

eating but the concepts are easily applied to struggles with getting oneself to engage in physical exercise. One thing I appreciate about the content of the book is how intelligently written these concepts are. I may struggle with my weight and overeating but I also hold multiple masters' degrees and have read other books that talk down to the reader as though weight struggles are a result of lack of intelligence. Still, the content is not out of reach of those without advanced education.

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