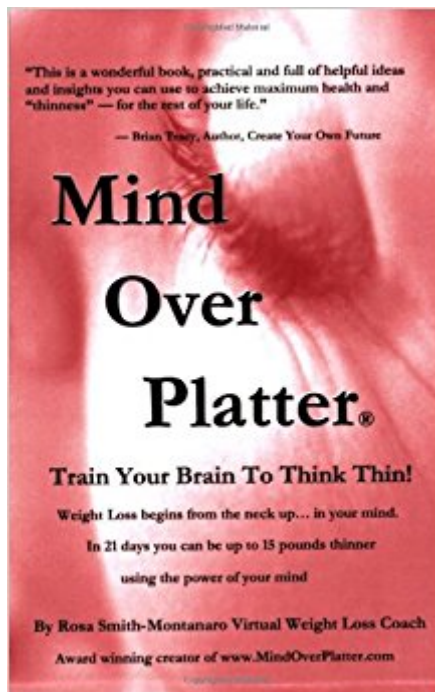


The book was found

Mind Over Platter



Synopsis

Train your brain to think thin. Imagine yourself thin. Lose up to 15 pounds in 21 days using the power of your subconscious mind. Mind Over Platter combines coaching, hypnosis, NLP (neuro linguistics programming) and nutrition to transform your mind and body. Not only will you train your brain to think thin, you will train your body to become a fat burning machine. By Rosa Smith-Montanaro, America's Virtual Weight Loss Coach and award winning creator of www.MindOverPlatter.com

Book Information

Paperback: 208 pages

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Average Customer Review: 4.9 out of 5 stars 11 customer reviews

Best Sellers Rank: #2,187,769 in Books (See Top 100 in Books) #29 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #1324 in [Books > Self-Help > Hypnosis](#) #9414 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

Customer Reviews

I'm still reading it, but what I can say is that I've changed my opinion of myself for the better. This is very unique as it even give you small projects/assignments at the end of the chapters to further strengthen what she is teaching you to do. Positive, Positive, positive!!!..Will probably order a few more for the girls in my weight loss support group!. Thank you Rosa!!

I was a client of Rosa's for a while and she is the real deal. This book is excellent. The story of her life in the beginning was a shock for me! I never would have guessed she went through such hard times. She's a lovely person.

Rosa opens her heart and welcomes you into her world, sharing personal experiences that inspire!

I stumbled across this book when doing research for my hypnotherapy business. I offer a healthy

weight program and like to stay current with material that is out there, as well as techniques I can use to better help my clients. So, I found this book and I believe it is one of the most valuable in my large collection of books on healthy eating habits, as well as achieving and maintaining a healthy weight. I highly recommend this book for anyone wanting to take charge of their eating and weight! The author Rosa Smith-Montanaro really connects with the reader sharing her story, which includes her issues with eating, weight, mental health and self-esteem and then discusses how she was able to change this for herself. Then she teaches you how to use what she learned, so you can achieve and maintain a healthy weight. She discusses how the reader can change, taking into account the biological make-up of different people and discusses solutions for any body type. Rosa also has an on-line coaching program and if it's anything like the book I'm sure it produces great results. Hope this helps! Terry M. Drake, LSW, NBCCH Author of *Â Live Happily, Ever After... Now!*

Attended Rosa's seminar in Rochester ny and loved her..Bought the kindle book and read it twice and will again..Down to Earth subject matter and approach with a lovely personal touch

When I ordered the cd, I was a bit skeptical. I needed a kickstart on my weight loss. I knew it was simply a matter of training my mind to not overeat as I had been doing. I took a shot and figured at the very least it would be about 45 minutes of relaxation a day. Sure enough, on my first listen I was able to achieve that numb, tingly feeling throughout my body, signaling complete relaxation. I have been listening to the "Imagine Yourself Thin" session for 1 week now. I noticed an immediate decrease in the meals and snacks I was eating. So far, I've lost 2.5 pounds. I haven't had time to listen to the exercise session yet. I'm hoping to do that soon and I'm sure it will improve my results. I will try to check back in a few more weeks for an update.

This book not only unlocks the secrets to permanent weight loss, it opens you up to the techniques and ideas that will lead you to a fabulous life. If you have tried all the programs only to have little or no long-term results, this is the book for you. Rosa, walks her talk and provides a level of inspiration reserved only for the masters. Her extensive study in multiple disciplines gives her the credibility to teach you how to manage your mind and body for weight loss and personal success. Read this book now and change your life!

Truly. The best and most balanced book I have ever read concerning weight loss. This is a keeper, looking forward to rereading it.

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