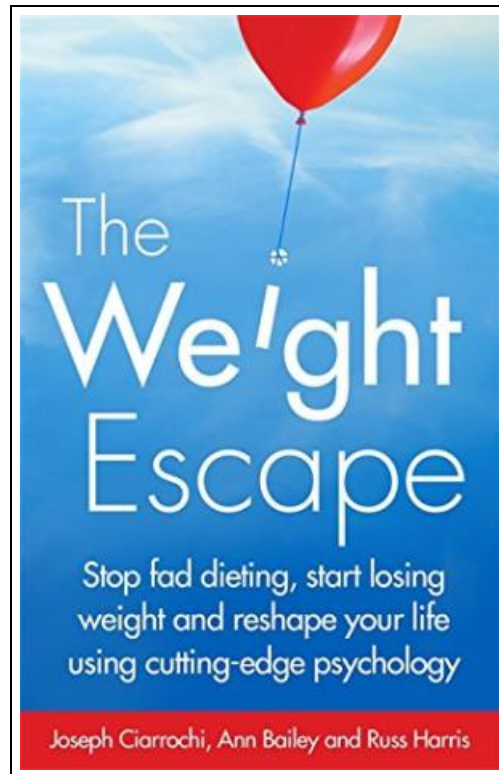


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(Ariane Rau)

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Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Weight Escape: Stop Fad Dieting, Start Losing Weight and Reshape Your Life Using Cutting-Edge Psychology, Joseph Ciarrochi, Russ Harris, Ann Bailey, Today's the day to start making real changes. Diet fads and fitness trends may offer the prospect of losing weight, but they rarely work out long-term. The Weight Escape is different. Using the psychological science of ACT - Acceptance and Commitment Therapy - Dr Russ Harris, medical doctor and author of The Happiness Trap, psychological practitioner Ann Bailey and scientist Joseph Ciarrochi will help you make the lasting changes you want. Focusing on the mental barriers that can stop us setting and achieving our goals, it promotes a holistic approach to wellbeing and weight loss - one that goes beyond meal plans and calorie counting to give a deeper meaning and mindfulness to how you live and what you eat. Through practical exercises, quizzes and personal stories, it shows you how to: * Set goals and give direction to your life * Overcome destructive habits and exercise self-control * Deal with cravings and stressful situations * Develop self-acceptance. Get the weight-loss results you want - and so much more.



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