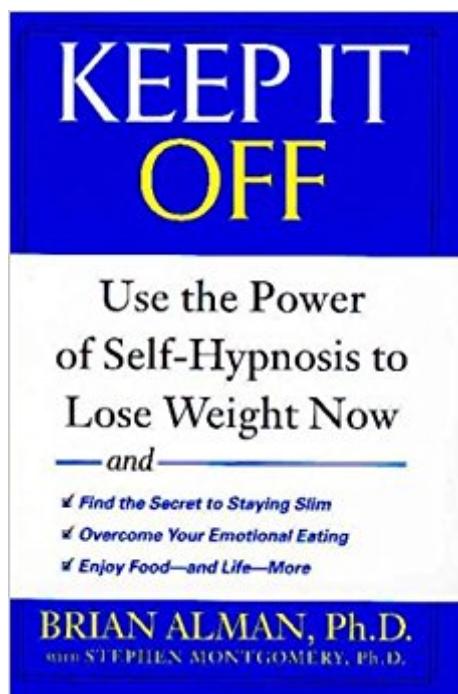


The book was found

# Keep It Off: Use The Power Of Self-Hypnosis To Lose Weight Now



## Synopsis

Ninety percent of diets will help you lose weight. Why, then, do ninety-five percent of diets fail at helping you keep it off? Use the power of self-hypnosis to lose the weight and keep it off. Nutritionists, fitness gurus, and fad-diet creators tout hundreds of solutions to America's obesity epidemic, but few of their followers have the self-control to resist temptation and stick to the game plan. Dr. Brian Alman knows why, having helped thousands of patients tap the well of resilience that lies within us all. Making self-hypnosis available to everyone, *Keep It Off* reveals a step-by-step plan for healing the underlying issues that cause overeating and sedentary habits. *Keep It Off* combines years of clinical research with ancient mind/body truths. In brief, easy-to-read chapters, Dr. Alman's acclaimed, proven program is clarified for the general reader. His concise instructions for self-hypnosis are founded on four essential tasks: entering a zone of calm awareness, accepting the self unconditionally, allowing all parts of the problem to express themselves, and reorganizing perceptions for lasting change. Best of all, Dr. Alman's hypnosis techniques don't require expensive consultations or hours of therapy. Allowing everyone to benefit from Dr. Alman's procedures, *Keep It Off* reveals the secrets for gaining true independence from out-of-control routines. Medical hypnosis has become a cutting-edge treatment option for a variety of chronic illnesses. With *Keep It Off*, it will also revolutionize the way we shed unhealthy pounds for good.

## Book Information

Hardcover: 217 pages

Publisher: Dutton Adult; First Printing edition (January 26, 2004)

Language: English

ISBN-10: 0525948120

ISBN-13: 978-0525948124

Product Dimensions: 5.7 x 1 x 8.6 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #2,012,381 in Books (See Top 100 in Books) #26 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #1217 in Books > Self-Help > Hypnosis #8819 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

Dr. Brian Alman's *Keep It Off* is effective and well-balanced. I recommend it. -- Deepak

Chopra, bestselling author of Spontaneous Fulfillment of Desire --This text refers to an out of print or unavailable edition of this title.

Brian Alman holds a Ph.D. in clinical psychology and has been in private practice for twenty years. His previous books, Self-Hypnosis, Thin Meditations, and A Clinical Hypnosis Primer, have sold more than 235,000 copies combined. He is affiliated with the Kaiser Permanente health-care organization, whose Positive Choice weight-loss program will be featured in Dr. Alman's self-hypnosis infomercial scheduled to air in January 2004.

DR Alman beatifull book.

I love this book! I helped to stay focused on my weight loss! It got me started on a weight loss program and I lost 60 lbs. I have also kept it off for over 3 years. It helped stay motivated and focused while loosing the weight!

Again....how to lose weight...OMY - a billion books...

I was reading the book and nodding my head! How does Dr. Alman know what I'm thinking and feeling? The book is an easy read filled with great self-hypnosis suggestions that work! I'm amazed how much more in-control I feel -- less stressed. When I'm less stressed out I can look at all the emotional baggage I am/was carrying around. Why carry the past into the present? (The Oceana quiz results are amazingly accurate!) I truly believe that extra weight is not about food; it's about the heart and the mind. Dr. Alman is very intuitive and skilled at walking the reader down the path to self discovery, relaxation, and elimination of emotional baggage. The breathing techniques work wonders (even in traffic!). The changes are not just in my weight, but in my entire life and everyday outlook! Don't miss this one!!

Dr. Alman's techniques have changed my life. I am no longer living with one foot (or two) in the past. I discovered feelings I didn't know I had. Great things are happening in my life because Dr. Alman has taught me how I can make them happen. What amazes me is how quickly and completely these changes have been effected since beginning to use the techniques detailed in this book. I am now aware of how poorly I'd been treating myself and have gained acceptance of myself. I have no desire for a "quick fix" solution to my weight problem and no desire to resist eating healthily and

exercising. The pounds are simply melting away. I know that I am making it happen, but it seems effortless! This book makes the process of shedding emotional weight a breeze to follow. Thanks Dr. Alman!

Subject: MANY CONGRATULATIONS!Dear Brian, I received your book ~ KEEP IT OFF! It is really wonderful! I'm enjoying it immensely. After reading your explanation and instruction on "self-hypnosis" I immediately went into a very deep pleasant space. Because of your suggestions, I produced much more than usual in my creative relaxation time. I've learned so much from it already, Brian. It is clear, simple, positive, and totally supportive! You are such an encouraging teacher, healer, and a friend to everyone. And that comes through brilliantly on each page. I now have a change of attitude! I understand that while working on my so called "problem" of excess weight, I am letting go of emotions, patterns, and pains that were "weighing" me down! This book and this method are really an outline for growing more beautiful....physically, spiritually, emotionally - in every way. CONGRATULATIONS TO YOU AND ALL INVOLVED IN CREATING THIS BOOK! IT IS SO NEEDED AND WELCOME IN OUR WORLD!Sincerely, S. of San Diego, California

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