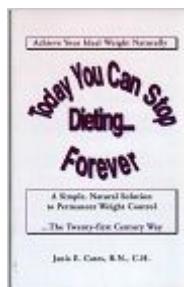


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# Today You Can Stop Dieting.... Forever



## **Synopsis**

Today You Can Stop Dieting.... Forever offers a simple, natural solution to permanent weight control.... the Twenty-first Century Way. This unique guide offers a way to achieve your ideal weight naturally. Lose unwanted weight beginning TODAY without deprivation, starvation, surgery, fad diets, calorie-counting, fat-gram counting, diet pills, grueling workouts. Learn to permanently control your weight without ever dieting again. Eat the foods you love while staying slim. Change your life in many other ways by controlling stress, improving self-image, and gaining control of your habits.

## **Book Information**

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## **Customer Reviews**

Janis E. Cates, R.N., C.H. is a registered nurse and certified hypnotherapist. She has a private practice in which she works successfully with weight loss clients using the simple techniques offered in this book. The techniques are based on hypnotherapy. She is a member of the National Guild of Hypnotists. She lives on a ten acre farm with her husband of twenty-three years and three daughters.

Diets don't work. 98% of people who take off weight with one diet or another, gain it all back- and more. A 98% failure rate should prove to us that dieting doesn't work. America is obsessed with dieting, yet we continue to grow more obese and develop more diseases each and every year. This is a weight control and diet book unlike any you have read thus far. It's not about depriving yourself of any foods you love. You won't be exercising away all of your priceless spare time. You won't

have to buy special foods with trade name labels or count every calorie that enters your mouth. Those days are gone... forever. Dieting is a thing of the past, an outdated concept. What this book offers is a more natural way of eating; a lifestyle based on renewing the mind-body connection for permanent weight control. Strong and positive tools are offered that can affect great changes in one's life when understood and properly applied. By the time you are finished reading this book, you will have a firm grasp on how to change your life in positive, productive, and permanent ways. And I know you will be in awe of the power of your mind.

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