

Adore Yourself Slim

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Reviews

This publication may be worth purchasing. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book. (Cassandra Von)

ADORE YOURSELF SLIM



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Simon & Schuster Ltd. Mixed media product. Book Condition: new. BRAND NEW, Adore Yourself Slim, Lisa Jackson, ADORE YOURSELF SLIM is the first weight-loss book that makes slimming sexy - and fun! An inspirational combination of powerful hypnotherapy techniques, nutritional know-how and quirky workouts, it's guaranteed to help you become slimmer, fitter, healthier - and happier. This colourful and beautifully illustrated book contains every single trick, tip and technique that best-selling author and clinical hypnotherapist Lisa Jackson used to lose 3 st (22kg) - and that she uses in her successful hypnotherapy practice. Designed with space to record your own personal journey to Destination Dream Weight, ADORE YOURSELF SLIM is an interactive, evidence-based exercise and eating programme that incorporates a 3-month weight-loss journal, fill-in charts and graphs, style and make-up advice, real-life success stories and mouthwatering make-in-minutes recipes, plus a 5-track hypnosis CD that will turbo-charge your weight loss.

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