



The Little Book of Diet Help: Tips, Truth and Therapy for a Slimmer, Happier You (Hardback)

By Kimberly Willis

Little, Brown Book Group, United Kingdom, 2012. Hardback. Book Condition: New. 198 x 134 mm. Language: English . Brand New Book. This is an inspirational diet book with a difference. It is a non-diet book - with no restrictions, point-counting, calorie-watching or danger foods. Instead, THE LITTLE BOOK OF DIET HELP is a pocket-sized guide full of tried and tested practical tips and tricks that restrictive diet plans cannot compete with. Author Kimberly Willis focuses on you, rather than the food, to help you beat cravings and take control of your eating habits. She uses a combination of yoga, hypnotherapy, NLP, acupuncture and common-sense to identify ways in which you can really change your eating habits. Whether it is remembering key slogans (a glass of wine is the same as a glass of pasta), trying new distraction techniques (rubbing your finger between your nose and your top lip when cravings hit) or taking the time to really chew and taste each mouthful you eat, you will find strategies and coping methods that really work for you. This book has also been published as Diet Coach.



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