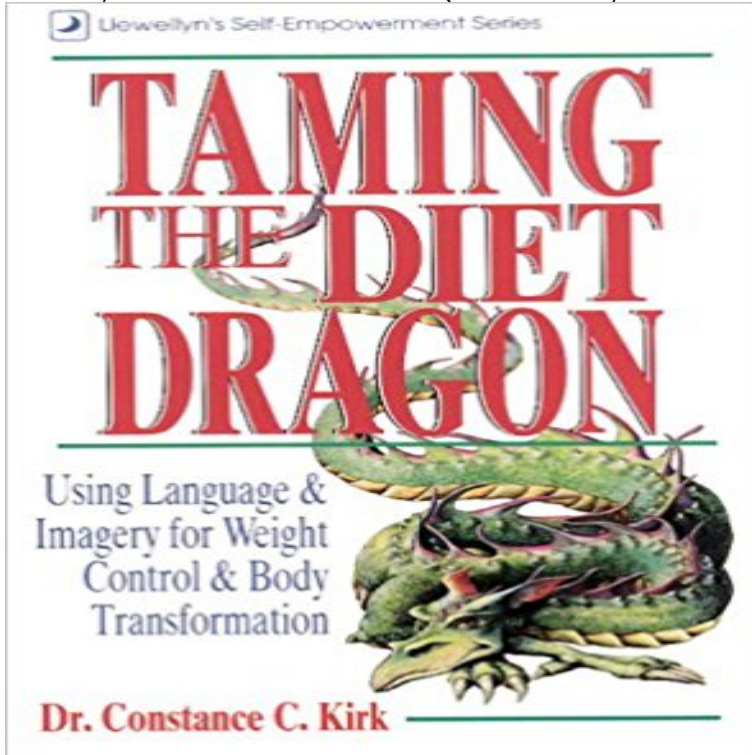


Taming the Diet Dragon: Language & Imagery for Weight Control and Body Transformation (Llewellyns Self-Empowerment)



Now you can end your perennial yo-yo dieting, lose weight, and keep it off forever, when you get Taming the Diet Dragon by Dr. Constance C. Kirk. The U.S. has statistics matching those of other industrialized nations: an enormous percentage of the population is overweight. Worse, only five per cent of all dieters succeed at losing weight and keeping it off. If you would like to know how they do it, you must get Taming the Diet Dragon. The secret is not in counting calories. The dangerous cycles of weight loss/weight gain that plagues ninety-five per cent of all dieters actually slows the bodys metabolism, making it harder for the body to burn food and easier for it gain the fat back. The secret of the successful five per cent is what health educator Dr. Constance Kirk has given to hundreds of people who have permanently lost weight without frustration and starvation. Now you can learn this secret in the pages of Taming the Diet Dragon. If you follow the breakthrough concepts and techniques presented in this book, other people will soon be begging you for your weight loss secret. Discover how languaging is the key to unlocking limitless possibilities Learn to create your own affirmations Create your own goals Discover how imagery can be the source for your success Uncover the levels of imagery See how languaging and imagery, together, can become your personal Power Pack Discover and avoid negative language Learn how to listen to the body With the techniques and information in Taming the Diet Dragon, you will finally stop dieting and start living. You will lose the weight you want to achieve a new level of health and wellbeing. Discover the slender you that is hiding inside. Get Taming the Diet Dragon.

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