



# Ditch the Diet and Think Yourself Slim

*Pete Cohen*

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## **Ditch the Diet and Think Yourself Slim** Pete Cohen

Taken from a live event, the UK's leading Lifecoach, Pete Cohen will show you how to become slimmer, fitter and healthier using the power of your mind by revealing some of his secrets in successfully working with thousands of people helping them achieve their goals.

The key to thinking yourself slim is in reprogramming your mind to lose weight, be free from the extremes of dieting and to give you a relaxed, healthy relationship with eating and food.

Because most diets are prescriptive, we become over obsessed with foods so long-term diets don't work. They will tell you what to eat, when to eat and, most importantly, what not to eat. But do you really want to be told what and when you can eat for the rest of your life?

We all know what foods we should eat and that we should exercise, but knowing alone doesn't make us do it. For most people, eating is an automatic process. We are unaware of the many patterns we have when it comes to food and of the emotions that lead them to eat. It's often your emotions that cause you to overeat. But as you've learned to behave a particular way, you can also unlearn it.

Lose weight and keeping isn't done through dieting, by giving up foods or by missing out - it's done by changing the way you think.

Make this year the last year you ever have to make a New Year's resolution to lose weight and hear Pete Cohen's presentation and get into shape the healthy, happy and sensible way.

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