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# Fat To Fearless: Enjoy Permanent Weight Loss And End Emotional Eating...For Good!



## Synopsis

Are you secretly afraid you'll be fat forever? If your answer is yes, chances are you've bought into the MYTH that more knowledge about nutrition and exercise is the key to finally losing the weight for good. Unfortunately, this is simply not the case. Many people try every diet, pill, shake and exercise plan out there, and end up just as overweight and unhappy as they were before they tried losing the weight in the first place. This is because lifelong weight loss isn't just about gaining more knowledge. In order to lose the weight for good, you must deal not only with the conscious mind, but also tap into the incredible power of your subconscious. Fat to Fearless is a unique approach to successful body transformation that looks beyond the latest weight loss plans and fad diets, and instead explores the underlying emotional and subconscious factors that lead to self-sabotage, emotional eating and loss of willpower. Asher Fox, a former 300 lb. personal trainer turned therapist and Subconscious Behaviorist, created the Fat to Fearless® program to enable others to achieve the same long-term weight loss success that he has enjoyed, since he unlocked the key to long term weight loss and high self-esteem. Over 18 years and thousands of clients, Asher has perfected a program that transforms your body by healing your heart and mind. Discover how hidden belief systems from childhood affect your relationship with food and your body today, in ways you can't imagine! Learn why your subconscious mind may believe you are better off overweight, and may be working against you to ensure you stay that way. Find and disconnect your Hidden Food Triggers that cause you to mindlessly eat! Discover how to align your subconscious mind with your weight loss goals, so that it works for you instead of against you! Fat to Fearless is the last weight loss book you'll ever need. Get ready to permanently change your body by first transforming your mind, healing your heart, and reprogramming your subconscious to live life as the thinner, happier and healthier person you were always meant to be.

## Book Information

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## Customer Reviews

I just perused this quickly on Christmas Day. I have the sweet tooth from hell and am now diabetic. I have been overweight for about 8 years now. A go getter all my life I could not for the life of get my behind in gear regarding eating well. Yesterday and today, I have had no cake, cookies or chocolate, daily staples for me. And mind you yesterday was Xmas, I watched people eat ice cream and pie right in front of my face. For a lot of people this may not seem like a big deal, but for me a sugar addict is up there with parting the red sea. Also, my work environment is a diabetic landline. I work with mostly women and we celebrate everything with food, showers, bdays, and really just the sun coming up. In a trip to the bathroom, I pass plates of cookies, danish, and candy bars, daily. Not to mention I work in the suburbs so lunch options are either fast, diner, chinese or italian food. There is not much variety and definitely no really healthy creative or pleasurable options to eat healthy. You either eat a salad or cook, the first I don't like as a main meal and the later I do not have the time. This book is a "unique," weightless book as it deals with the emotional side of eating (at least this is the first book like this I am reading, I usually buy useless "diet," books. Of course now I know there are other like this, but initially I didn't) but not unique in it's premise, that we eat for emotional reasons due to largely things that happened in our childhood.

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fat, ... wheat, detox, grain free, gluten free) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) Emotional Eating Books: 10 steps to control emotional eating & lose weight (NLP) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Weight Loss Box Set: Learn The Secrets of Weight Loss (weight loss, vegan diet, good gut) Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes to Enjoy in the Weeks, Months and Years After Surgery ATKINS DIET FOR BEGINNERS: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet Book 1)

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