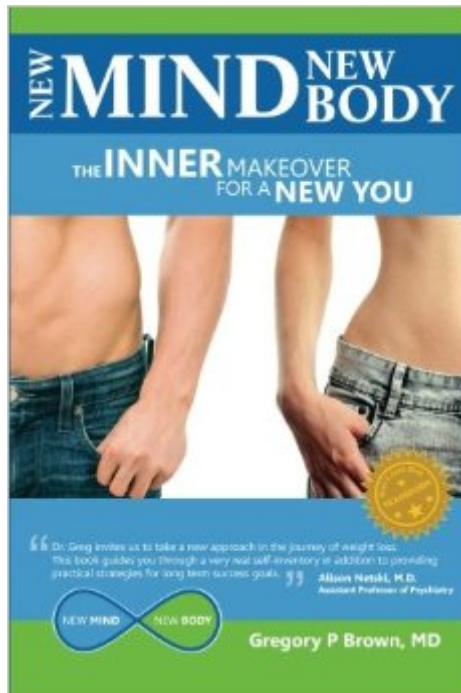


The book was found

New Mind New Body: The Inner Makeover For A New You



Synopsis

So you want to lose weight, too? Transform your mind, body, and life with this comprehensive toolkit and easy to use step by step guide, which takes you through a personal self assessment process unique to you; offers you a clear, concise, and complete system for positive self development; and helps you change your relationship with food by starting from within. Psychiatrists can struggle with life problems, just like you. After years of going through different diets, Dr. Greg Brown recognized that to really change his body, he needed to change his mindset. He succeeded in making fundamental and permanent changes in his own life without sacrificing anything of the lifestyle he wanted to enjoy. He shared his program, The EATT Plan, with friends and family and now offers it to you. Dr. Greg's insights and experiences from his personal journey to health are paired with a fun and engaging set of tools that support any chosen diet plan.

Book Information

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Customer Reviews

Full disclosure--haven't yet read the book. But I'm here to tell you that the story in the book is true. I've known Greg over 20 some years--we went to college together and have remained good friends since. He DID struggle with his weight, that's true, and he has definitely found a way to keep it off. Greg and I try to meet up at least once a year to catch up. For a long time, when we'd visit, he'd be a different physical condition--one year well into "fat," and another year looking good and then another year being "plump." The weight would be up and down and he'd be on a different diet each time. And then a few years ago, I found him looking pretty fit and good. And the same the next year. And the year after that. And he's stayed that way--including looking fine at our reunion just a

few months ago when he told me about this book. Clearly he's found something which works for him. But more importantly, his stress over food is gone. So is his stress over his weight. I think he's happier than he's been since college: comfortable with himself and his lifestyle. During my visits, we went out for buffets; we had nice dinners... He was aware of what he ate, but never stressed over it. There was no tension in him. It's wonderful to see. I know that Greg's a good writer and a smart guy. I am waiting for my book copy (I'm expecting one personally autographed of course!) to read what he says about his journey, but I can testify from personal observation, he's telling the truth about finding something that worked for him. And I have no doubt it will work for others as well.

This is a fantastic book! While most books tout various diets, Dr. Brown's book focuses on the mental mechanisms and habits behind eating correctly. It is full of good tips and tools, so you can change your Body by changing your Mind. This unique approach helps you get behind the thought processes that guide eating. Highly recommended!

The EATT Plan that Dr. Greg created is unlike anything else out there. I implemented a few of his helpful suggestions and have successfully kick-started my weight loss and am happily on my way to my goal. I highly recommend this book for everyone seeking an easy step-by-step guide to positive self-improvement.

The subject matter of this book represents a seismic shift in the focus of weight-loss literature. I have been looking for this book my entire adult life. Dr. Brown addresses directly the fundamental reasons why dieting behavior alone is perpetually doomed to failure. I firmly believe this is the most important book ever written on this extremely important and timely topic. If you've ever wondered why you can't seem to keep weight off following a period of strenuous dieting, the answer is within the pages of New Mind, New Body. It contains insightful ways to genuinely permanent weight loss.

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