



Sleep Your Fat Away: Train Your Brain to Lose Weight Effortlessly

Joy Martina, Roy Martina

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The secret key to losing weight ... easily! Train your brain and say goodbye to diets ... forever! You think losing weight is all about diet and exercise. You think: "If only I could just stick to that diet, resist the carbs and exercise daily, I would lose weight! But I am too weak and don't have the willpower..." You are stuck in a vicious cycle, going from failed diets to bouts of secret indulgence, from deprivation to frustration! What you don't know: You are fighting a war against yourself and subconsciously setting yourself up for failure! Your subconscious mind rules how you think, react ... and eat. The good news is: You can train your brain to work for you, to automatically achieve weight loss for life! Sleep Your Fat away reveals: • How to shrink your stomach and lose weight effortlessly. • How to train your brain while you sleep ... and much more! Your personal coach at your bedside While you are sleeping, your subconscious mind receives seven hours of positive affirmations and empowering beliefs. It is the pain-free path to your ideal weight. The Authors Joy Martina, MD is a Rapid Change Coach, founder of the Christallin Method, and trainer of weight-loss experts and an ex-carb and chocolate addict! Roy Martina, MD is the number one Holistic Thought Leader of Europe. Roy effortlessly lost forty pounds in six months and has kept his ideal weight since. Today the Martinas are healthy, happy, and slim and with Sleep Your Fat Away, you can be too.

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From reader reviews:

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