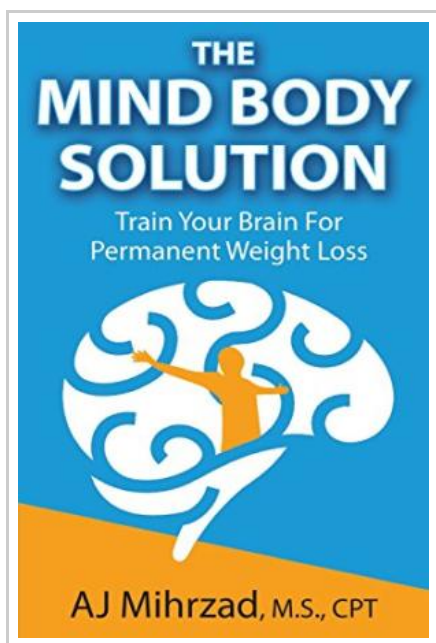




The Mind Body Solution: Train Your Brain for Permanent Weight Loss (Paperback)

By Aj Mihrzad

Createspace, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.AJ Mihrzad proves that the key to a better body that s in shape, energized, and youthful is a healthy brain. Based on the latest research, along with over a decade s experience as a fitness professional, The Mind Body Solution shows you how to train your brain for permanent weight loss. With practical, easy-to-implement solutions involving positive daily habits, AJ Mihrzad shows you how to reach and maintain your ideal weight, reduce the stress that can impair your immune system, sharpen your memory, increase your willpower, and eliminate the cravings that keep you from achieving your exercise and diet goals. In addition AJ s Mind Body Solution will help you avoid depression and elevate the enjoyment you take in life s pleasures. Whether you re just coming to realize that it s time to get your body into shape, or are already fit and want to take it to the next level, The Mind Body Solution is all you need to start putting the power of the brain-body connection to work for you today.



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