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Think Yourself Thin: The Revolutionary Self-Hypnosis Secret to Permanent Weight Loss

Darcy Buehler Ph.D.

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Since diets don't work, and so many people have unhealthy relationships with food, the key to weight loss is not what you put in your mouth-it's what goes on in your mind.

Brain-imaging technology has shown that thought patterns driven by willpower can actually change the structure of the brain. Using this scientific basis for her program, Dr. Darcy Buehler has helped hundreds of people lose weight and keep it off. In Think Yourself Thin, Dr. Buehler shows readers how to:

- Get the right ideas into your mind, so that your will to lose weight works unwanted urges out of the brain's circuitry
- Determine the approaches that are effective at slimming you down individually, while helping you grow as a person on the inside

The book includes a 72-minute self-hypnosis audio CD with eight tracks that complement the program in the book.

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