



# The Emotional Diet: How To Love Your Life More And Food Less

*Bill Cashell*

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The Emotional Diet is a revolutionary new program that focuses on the real problem with people who are overweight. This is not about giving you another diet that forces you to use will power. This program is designed to utilize and understand the subconscious mind-body connection. It will help you change your relationship with food, identify what emotions are creating the desire to over eat and show you how to break free. When you learn to use your thoughts and emotions to support you, you will never have to be controlled by food again. Starting today, you can watch your weight and stress disappear with easy break-through methods. This program combines Cognitive Behavior, Self-Hypnosis, NLP, EFT and other methods to help you become trim, healthy and happy. This unique approach combines audio and video with the book, including a complete self-hypnosis session, morning visualization, audio chapter reviews and worksheets that you can download.



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