



NEW WAYS TO THINK *yourself thin*

*Find out how changing
your mind could change
your weight forever*

When you've tried hard but failed to lose weight the fight between your head and your heart can be a hard-fought battle.

While your heart wants nothing more than for you to feel fitter and slimmer, your head is telling you, 'Go on, that second slice of cake won't matter... just this once.'

However hard we try, long-term success will only happen when our head and heart are in sync - but that's not as difficult as you might think. Reprogramming our thought processes through techniques such as mindfulness, meditation and hypnotherapy can alter our actions without us having to fall back on willpower, deprivation and diets.

We take a look at some of the best solutions around...