



Think *yourself* slimmer

What if shedding pounds is not about counting calories after all, but simply changing the way our brains respond to food?

Feeling your best doesn't start in the gym - it starts in your mind: being in control of your thoughts

and emotions is a crucial part of weight-loss success.

In fact, just thinking positively can

have a massive impact on your ability to shed weight. In her new book *The Placebo Diet* (£12.99, hayhouse.co.uk),