

In this eight-lesson audio course, best-selling author and teacher Deepak Chopra, M.D., guides you on how to lose weight without dieting or suppressing your appetite. Instead of counting calories or avoiding certain types of food, you will learn how to listen to your body and employ the enormous internal healing power of nature to lose weight. Using dozens of natural, effective techniques, you will strengthen the mind/body connection, achieve your normal weight, and feel better about yourself. Drawing on the wisdom of Ayur-Veda, the oldest science of health care in the world, Dr. Chopra explains how to get in tune with your body's needs. Following his simple recommendations can correct the imbalances that cause weight problems and restore energy and vitality to mind and body. In this course you will learn how to: Lose weight without counting calories or strict dieting Eliminate food cravings and compulsive eating habits Determine your Ayurvedic body type and individualize your weight loss program Choose foods that produce energy instead of fat Discover a new way to exercise, without strain Know when to start eating, and when to stop

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