



## Find Your Happy Weight - Without a Diet!: The Neuroscience of Weight Loss

*Dr Peter Steidl*

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# Find Your Happy Weight - Without a Diet!: The Neuroscience of Weight Loss

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## **Find Your Happy Weight - Without a Diet!: The Neuroscience of Weight Loss** Dr Peter Steidl

Did you know that that you - like the vast majority of people - are designed to put on weight. Yes, you read that correctly: your brain - just like the brain of anyone else - is designed to make you eat and to avoid losing weight. In this groundbreaking book, Dr Peter Steidl explains not only why dieting is a health hazard, but also why diets typically don't work. He presents a very different approach to losing weight, based on neuroscience research. More importantly, he presents simple ways of breaking down the barriers that hold you back - or, if you can't break them down, how to get around them. If you want to reach your Happy Weight, then this is the book you should read! 'I have written this book for the many dieters who try to lose weight yet don't succeed, and who are sick and tired of being on a diet treadmill and want to put a life-long solution in place. If this includes you, then I sincerely hope you will find the content of this book useful and that you will act on it. This will allow you to not only shed weight but to reach and maintain your Happy Weight without struggle or sacrifice. After all the goal we all share is to have a happy, healthier life. Finding our Happy Weight can make a solid contribution to that!' Dr Peter Steidl



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