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# Fat To Fearless: Enjoy Permanent Weight Loss And End Emotional Eating...For Good!



## Synopsis

Are you secretly afraid you'll be fat forever? If your answer is yes, chances are you've bought into the MYTH that more knowledge about nutrition and exercise is the key to finally losing the weight for good. Unfortunately, this is simply not the case. Many people try every diet, pill, shake and exercise plan out there, and end up just as overweight and unhappy as they were before they tried losing the weight in the first place. This is because lifelong weight loss isn't just about gaining more knowledge. In order to lose the weight for good, you must deal not only with the conscious mind, but also tap into the incredible power of your subconscious. Fat to Fearless is a unique approach to successful body transformation that looks beyond the latest weight loss plans and fad diets, and instead explores the underlying emotional and subconscious factors that lead to self-sabotage, emotional eating and loss of willpower. Asher Fox, a former 300 lb. personal trainer turned therapist and Subconscious Behaviorist, created the Fat to Fearless® program to enable others to achieve the same long-term weight loss success that he has enjoyed, since he unlocked the key to long term weight loss and high self-esteem. Over 18 years and thousands of clients, Asher has perfected a program that transforms your body by healing your heart and mind. Discover how hidden belief systems from childhood affect your relationship with food and your body today, in ways you can't imagine! Learn why your subconscious mind may believe you are better off overweight, and may be working against you to ensure you stay that way. Find and disconnect your Hidden Food Triggers that cause you to mindlessly eat! Discover how to align your subconscious mind with your weight loss goals, so that it works for you instead of against you! Fat to Fearless is the last weight loss book you'll ever need. Get ready to permanently change your body by first transforming your mind, healing your heart, and reprogramming your subconscious to live life as the thinner, happier and healthier person you were always meant to be.

## Book Information

Paperback: 344 pages

Publisher: Fox Books (June 1, 2014)

Language: English

ISBN-10: 1938886976

ISBN-13: 978-1938886973

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 13 customer reviews

Best Sellers Rank: #2,445,790 in Books (See Top 100 in Books) #35 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #91 in Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology #567 in Books > Health, Fitness & Dieting > Psychology & Counseling > Experimental Psychology

## Customer Reviews

I just perused this quickly on Christmas Day. I have the sweet tooth from hell and am now diabetic. I have been overweight for about 8 years now. A go getter all my life I could not for the life of get my behind in gear regarding eating well. Yesterday and today, I have had no cake, cookies or chocolate, daily staples for me. And mind you yesterday was Xmas, I watched people eat ice cream and pie right in front of my face. For a lot of people this may not seem like a big deal, but for me a sugar addict is up there with parting the red sea. Also, my work environment is a diabetic landline. I work with mostly women and we celebrate everything with food, showers, bdays, and really just the sun coming up. In a trip to the bathroom, I pass plates of cookies, danish, and candy bars, daily. Not to mention I work in the suburbs so lunch options are either fast, diner, chinese or italian food. There is not much variety and definitely no really healthy creative or pleasurable options to eat healthy. You either eat a salad or cook, the first I don't like as a main meal and the later I do not have the time. This book is a "unique," weightless book as it deals with the emotional side of eating (at least this is the first book like this I am reading, I usually buy useless "diet," books. Of course now I know there are other like this, but initially I didn't) but not unique in it's premise, that we eat for emotional reasons due to largely things that happened in our childhood. I can't say the book itself is offering anything new, affirmations, inner child healing, but the way it is all "put together," and the slight differentiations in the type of affirmations have given me a two day respite and hopefully more to come from the demon on my back - sugar and the havoc it has wrecked on my health and spirit. I will update you. I even "want," to work out tonight, but have some family obligations so I can't. I will update on my progress, hopefully this is not the "sugar," pill but the real deal.

This book explains so much about my life-long struggle with weight, self-image and dieting. I'm not crazy, evil, cursed, undeserving, defective or lacking willpower. I'm just programmed to deny my needs, wants, desires and emotions rather than express, feel and pursue them. Two decades of learning about nutrition, food, portion control, and exercise all helped me finally reach a "normal" weight. But, not until this information broke the code about how my subconscious locked in on what I needed to do to be loved and safe in my childhood, was I truly released from the old tapes that

kept me on the roller coaster of self-sabotage. The application of the information in this book transcends just weight loss. I'm finding as I clear out the faulty beliefs of that frightened 5-year-old that lives inside me, other areas of life are up for review and reconsideration as to what's possible for me. Very well written, powerful book.

I recommend this book to anyone who has struggled with losing weight and more particularly those who have trouble keeping it off. Fat to Fearless is also invaluable in presenting information to affect change and overcome emotional hurdles. And so it is especially useful to those who help patients make changes therapists, coaches, mental health professionals and anyone who helps others with difficult issues. Mr Fox gives insight into the origins and motivations of earlier often childhood programming . He then backs this up with ways to adjust this programming to be appropriate to the current time and situation. He does this through communication with the patients internal dialogue and has the patient learn to do it himself. As a Masters prepared Nurse practitioner I highly recommend this resource from both personal experience and as an educator.

So far the book is very interesting, however, the Kindle version talks about a workbook and some audios that can't be found in my e-book. When I go to the website to get this workbook and audio the website doesn't work. How am I supposed to get any progress or results like this? Very frustrating.

Great read.

An excellent book. Really delves into the area of weight loss to the root cause

Fat to Fearless is a must read!!! The information in this book and the exercises available to do are truly priceless. I have been overweight my entire life and never completely understood why and this book will help to explain many things to you. Additionally, it will help you move past the roadblocks you put in your own path of permanent weight loss. Often times it seems we tend to fear what is unknown to us and if you have always been overweight the inner critic inside of you is more comfortable keeping you there. Stuck in the same old patterns. Prior to reading this book and doing the exercises, I did not clearly understand so much of what I feared. Additionally, that the fear was holding me back and the fear was completely unfounded. From pills to shots to liquid diets, I have done it all and never truly understood that diets are about my willpower and not actually addressing the actual issues. I have lost weight, maintained the weight loss and I am now continuing on the

journey to permanent and sustainable weight loss. You owe it to yourself to read this book, do the exercises and finally move towards a fear free life and permanent weight loss.

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(Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Ketogenic Diet: 144  
Ketogenic, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss and Fat Loss  
(Low Carb, Lose Fat, Low Carbohydrate, ... Eating, Ketogenic Cookbook, Keto Diet) Weight  
Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers  
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