



# **Weight Loss WITHOUT Diet: How to easily let go of your subconscious blocks, achieve your ideal weight and feel attractive**

*Michaela Thiede*

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## **Weight Loss WITHOUT Diet: How to easily let go of your subconscious blocks, achieve your ideal weight and feel attractive** Michaela Thiede

You are overweight, but don't have the time or interest to undergo major weight-loss-programs?

You are sick and tired of not being allowed to eat what you want?

You don't want to try another 10 diets without losing weight for a longer period of time?

Do you experience physical discomfort, such as headaches or stomach trouble, and your doctor doesn't find a reason?

Do you know that you "should" eat healthier and do exercises, but you "can't"?

Do you want to enjoy looking into a mirror?

Are you looking for something that's easy to use?

Then this book might be ideal for you!

You'll be introduced into (a part of) a wonderful self-help method, called resCUE.

All you have to do is to read the book, repeat "yes" over and over, feel into your body to notice that your stress regarding your weight reduces, and to feel better and better.

Maybe it's hard to believe, but in this case, "yes" isn't only an ordinary word, but your special cue word that immediately starts working on releasing your subconscious blocks that stop you from losing weight.

This book will help you to implement healthy food and exercises without having the feeling of being pushed.

And it will also clear all the triggers that cause you to eat, even though you're not hungry.

Give it a try and see for yourself!

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