

There are loads of diet plans out there, but most ignore something every bit as crucial for weight loss as what you eat, when you eat, and how much you exercise: what goes on between your ears. *Mind over Weight* will help you win the battle that begins when you decide you want to improve your health and shed pounds and inches.

With calm and the expert guidance that comes from years of helping others lose weight, Ian Smith's *Mind over Weight* distills the secrets of setting a plan, sticking to that plan, and banishing the doubts and weariness that can come along with a transformative personal improvement project. You'll learn to unlock your motivation, set goals, choose the right plan for you (hint: it may not be the one that "everybody else" is doing), crush cravings, stay confident, and make your environment work with your goals instead of against them.

You'll turn to *Mind over Weight* again and again as your body changes size and shape. By the end of your journey with this book, you will have not only changed your body, but also your relationship with weight and food, forever.

Ian K. Smith, M.D., is the #1 *New York Times* bestselling author of *Clean & Lean*, *The Clean 20*, *SHRED*, *SUPER SHRED*, *The SHRED Power Cleanse*, and *Blast the Sugar Out!* He created two national health initiatives—the 50 Million Pound Challenge and the Makeover Mile—and served two terms on President Obama's Council on Fitness, Sports, and Nutrition. A graduate of Harvard, Columbia, and the University of Chicago's Pritzker School of Medicine, Smith is an avid fitness enthusiast and sportsman.

READ BY THE AUTHOR



Running Time: Approx. 3.5 Hours • Unabridged

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ISBN 978-1-250-78313-4



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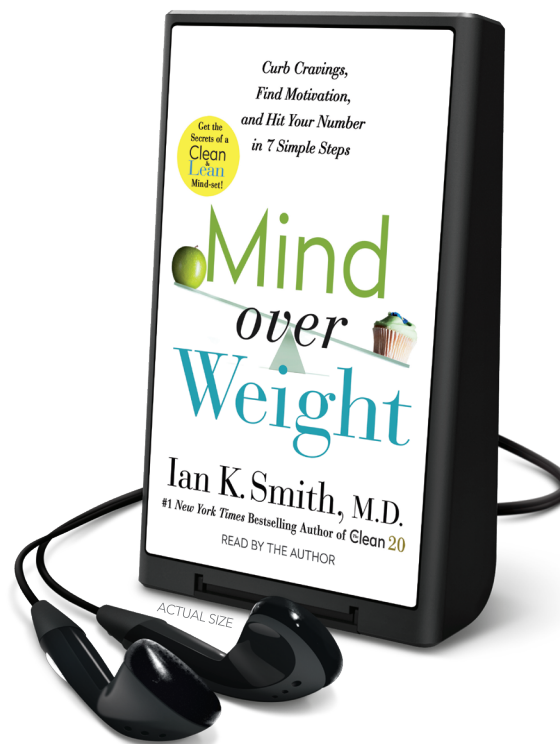
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