



**Steven Gurgevich, Ph.D.
& Joy Gurgevich**

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***A unique, proven
approach to dieting
that turns the
subconscious mind
into your most
powerful ally in
achieving your
optimum weight.***

THE SELF-HYPNOSIS DIET

Steven Gurgevich, Ph.D. & Joy Gurgevich

Renowned hypnosis and health experts Steven and Joy Gurgevich reveal the most powerful tool available for sustainable weight loss—our subconscious minds.

With *The Self-Hypnosis Diet*, readers can reach their perfect weight with proven, successful techniques designed to utilize and understand the subconscious mind-body connection. In this instructive book and companion CD of guided self-hypnosis trancework sessions, readers will discover:

- How to determine, reach, and maintain your ideal weight based on your own needs
- How to increase willpower, change unhealthy eating patterns, and create new and lasting behaviors
- How to program your mind and body to love the “right” foods
- How to break free from emotional eating
- How to still have an enjoyable, fulfilling love affair with food

As members of Dr. Andrew Weil’s Integrative Medicine program, Steven and Joy Gurgevich have taught thousands how to use hypnosis to overcome the innate challenges of dieting. With *The Self-Hypnosis Diet*, now available in paperback, they provide the “missing ingredient” to any plan for achieving a healthy diet and lifestyle—and change that lasts for a lifetime.

CONTACT: Beverly Yates
Senior Publicist
303-665-3151 x153
publicity@soundstrue.com

Sounds True
413 S. Arthur Ave. / Louisville, CO / 80027
www.soundstrue.com