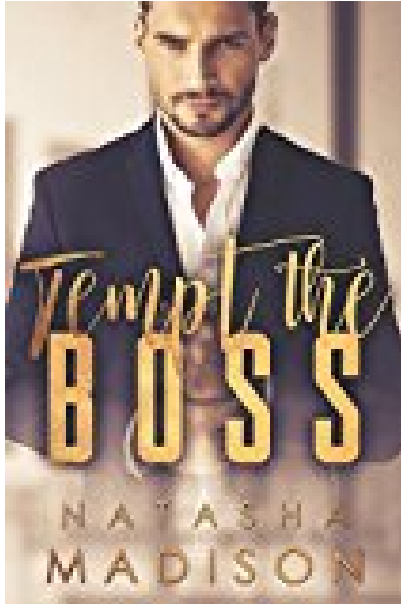


Tempt The Boss



BOOK DETAILS

- Author : Natasha Madison
- Pages : 230 Pages
- Publisher :
- Language : English
- ISBN :

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BOOK SYNOPSIS

In Beyond Temptation Sophie and Audrey Boss offer a radical alternative to the tried and tested methods used to combat overeating which either encourage women to rely on willpower alone, or legitimise overeating by providing lists of free foods on which women are actively encouraged to binge. This book doesn't rely on NLP, CBT or life coaching techniques, but instead draws on the author's own experiences as two overweight and unhappy overeaters and their ten years of experience working with thousands of failed dieters in the Beyond Chocolate workshops and the successful techniques used in their newly established Stop Overeating workshops to offer women a practical, sustainable approach to stopping overeating and achieving long term weight loss.

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