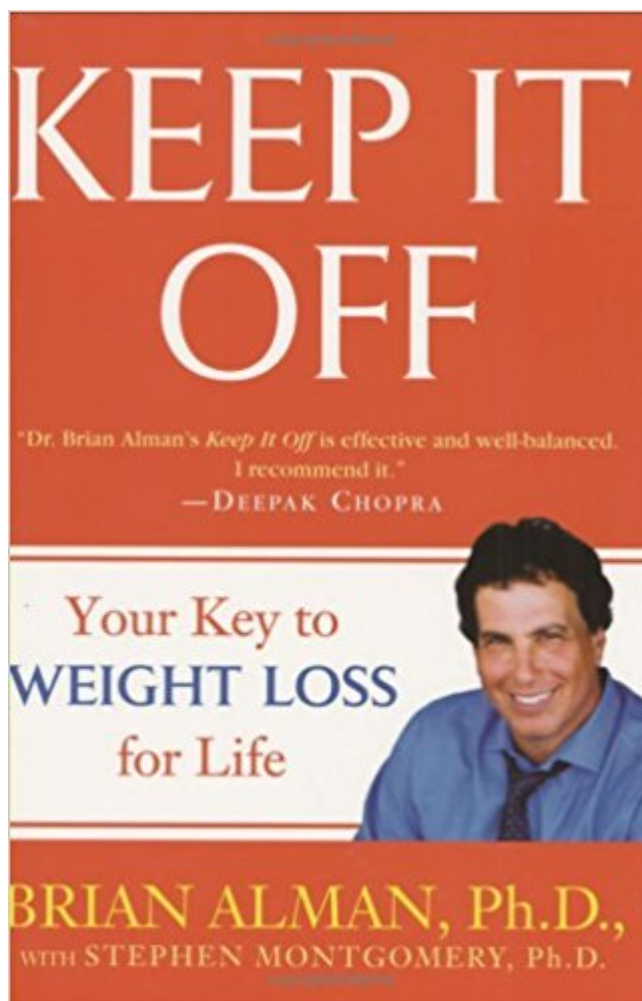




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Keep It Off



Synopsis

Keep It Off reveals a step-by-step process for resolving the underlying issues that cause overeating and unwanted habits. Dr. Brian Alman has helped thousands of people find their inner guru and tap the well of resilience that lies within us all. Combining years of clinical research, real-life stories, and ancient mind/body truths, Dr. Alman's acclaimed, proven system is founded on four essential master keys: entering a zone of calm awareness, accepting the self unconditionally, allowing stuffed feelings to be expressed safely and comfortably, and resolving unwanted habits for lasting results. Hospitals, clinics, and spas all over the world are enjoying success with the Keep It Off system. With Keep It Off, readers can become the healthy and happy person they've always wanted to be.

Book Information

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Best Sellers Rank: #3,360,208 in Books (See Top 100 in Books) #50 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#) #1965 in [Books > Self-Help > Hypnosis](#) #13204 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

Customer Reviews

Dr. Brian Alman's Keep It Off is effective and well-balanced. I recommend it. -- Deepak Chopra, bestselling author of Spontaneous Fulfillment of Desire

Brian Alman holds a Ph.D. in clinical psychology and has been in private practice for twenty years. His previous books, Self-Hypnosis, Thin Meditations, and A Clinical Hypnosis Primer, have sold hundreds of thousands of copies. He is affiliated with the Kaiser Permanente health-care organization.

DR Alman beatifull book.

I love this book! I helped to stay focused on my weight loss! It got me started on a weight loss program and I lost 60 lbs. I have also kept it off for over 3 years. It helped stay motivated and focused while losing the weight!

Again....how to lose weight...OMY - a billion books...

I was reading the book and nodding my head! How does Dr. Alman know what I'm thinking and feeling? The book is an easy read filled with great self-hypnosis suggestions that work! I'm amazed how much more in-control I feel -- less stressed. When I'm less stressed out I can look at all the emotional baggage I am/was carrying around. Why carry the past into the present? (The Oceana quiz results are amazingly accurate!) I truly believe that extra weight is not about food; it's about the heart and the mind. Dr. Alman is very intuitive and skilled at walking the reader down the path to self-discovery, relaxation, and elimination of emotional baggage. The breathing techniques work wonders (even in traffic!). The changes are not just in my weight, but in my entire life and everyday outlook! Don't miss this one!!

Dr. Alman's techniques have changed my life. I am no longer living with one foot (or two) in the past. I discovered feelings I didn't know I had. Great things are happening in my life because Dr. Alman has taught me how I can make them happen. What amazes me is how quickly and completely these changes have been effected since beginning to use the techniques detailed in this book. I am now aware of how poorly I'd been treating myself and have gained acceptance of myself. I have no desire for a "quick fix" solution to my weight problem and no desire to resist eating healthily and exercising. The pounds are simply melting away. I know that I am making it happen, but it seems effortless! This book makes the process of shedding emotional weight a breeze to follow. Thanks Dr. Alman!

Subject: MANY CONGRATULATIONS! Dear Brian, I received your book ~ KEEP IT OFF! It is really wonderful! I'm enjoying it immensely. After reading your explanation and instruction on "self-hypnosis" I immediately went into a very deep pleasant space. Because of your suggestions, I produced much more than usual in my creative relaxation time. I've learned so much from it already, Brian. It is clear, simple, positive, and totally supportive! You are such an encouraging teacher, healer, and a friend to everyone. And that comes through brilliantly on each page. I now have a change of attitude! I understand that while working on my so called "problem" of excess weight, I

am letting go of emotions, patterns, and pains that were "weighing" me down! This book and this method are really an outline for growing more beautiful....physically, spiritually, emotionally - in every way. CONGRATULATIONS TO YOU AND ALL INVOLVED IN CREATING THIS BOOK! IT IS SO NEEDED AND WELCOME IN OUR WORLD!Sincerely, S. of San Diego, California

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