



Think Lean Method: The Whole-Brain Guide to Get Lean for Life (Paperback)

By Rossouw G Jurie

Think Lean Method, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Why do so many diets fail to keep the weight off? Truth is, no matter how good a diet is, if you don't have a healthy brain and a resilient mindset, you will not be able to stick to it. Jurie Rossouw has spent nearly a decade as a resilience expert. While struggling with his own health and weight, he uncovered the critical relevance of a resilient mindset to be able to permanently keep weight off. Through a keen interest in science, he has integrated proven concepts from nutrition, neuroscience, psychology and the growing field of neuropsychotherapy to create the ultimate method to stay lean for life. The result is the Think Lean Method - a unique and ground-breaking combination of healthy eating, brain health and mindset modification to give you techniques for simple and sustainable weight management. It provides an in-depth guide to building personal resilience specifically designed to help you reach your body and health goals. Think Lean Method takes complex concepts and simplifies them into a practical plan that includes: 1. A no-nonsense combination of research, evidence and analysis...



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Reviews

Merely no words to spell out. It is amongst the most awesome publication i have read. Your life span will likely be transform as soon as you full reading this book.

-- **Marvin Okuneva**

Completely among the best publication I have got at any time go through. I have got go through and so i am confident that i will likely to read again once more down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Zachery Mertz**