



# The Placebo Diet: Use Your Mind to Transform Your Body

*Janet Thomson MSc*

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Welcome to a diet unlike any you've seen before. This unique process has the ability to help you change your body – and your life – for good, by harnessing the power of your mind to get the weight-loss results you want, once and for all. In *The Placebo Diet*, life coach and nutritionist Janet Thomson explains that the key to losing weight is not calorie-counting and deprivation, but identifying and re-shaping your thoughts by utilizing the power of the placebo effect.

This extraordinary mind response occurs when we have an absolute belief that something will work, which generates a feeling so powerful that it changes our physiology, often spontaneously. *The Placebo Diet* incorporates a range of psychological techniques that will help you to change the structure of your thoughts towards food, generating brand new beliefs and habits. Combined with a simple-to-follow nutrition plan that will maximize fat loss and increase energy levels, you will change not only your body, but also your entire outlook on life.

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