



?New Mind New Body? Is the Anti-Diet Book and Program

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?New Mind New Body: The Inner Transformation for a New You? is a new book authored by Dr. Greg Brown, a board-certified psychiatrist and associate professor. He wrote it after yo-yo dieting for too long before cracking the code for inner transformation. That transformation led to a 65-pound weight loss, which he has kept off for years.

?How many times do diets fail? Too many. Unfortunately, those who ride the diet yo-yo find themselves losing a few pounds then gaining those pounds back plus more,? said Dr. Brown. ?It?s time for individuals to take back their personal power of weight and body image.?

He calls the book a comprehensive toolkit and easy to use step-by-step guide, which takes the reader through a personal self-assessment process. It then offers a clear, concise and complete system for positive self-development to change the relationship with food.

After years of going through different diets, I recognized that to really change my body I needed to change my mindset,? said Dr. Brown. He said he succeeded in making fundamental and permanent changes in his own

life without sacrificing anything of the lifestyle he wanted to enjoy. After sharing his program, "The EATT Plan," with friends and family, he felt writing "New Mind New Body: The Inner Transformation for a New You" was the next step. He also has supporting online resources so readers can begin their transformation.

Dr. Greg Brown's career as a psychiatrist brings knowledge and expertise to understanding the complications and challenges of weight problems. He has evaluated hundreds of patients considering surgical options for weight loss, giving him the unique opportunity to understand their frustration. For more information about the book and online resources, visit his website at <http://newmindnewbody.com>. Dr. Brown and his book are also on Facebook and he has informational videos on YouTube.

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