



# **The Alpha Solution for Permanent Weight Loss: Harness the Power of Your Subconscious Mind to Change Your Relationship with Food--Forever**

*Ronald Glassman*

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**What if you could lose weight easily--without diets, calorie counters, or complicated workouts?**

For the last twenty-five years, Dr. Ronald J. Glassman has helped thousands of his patients lose weight—from five pounds to 150 pounds—and keep it off. And he knows that the answer to overeating is not another diet or exercise regimen. The answer is to harness the power of your mind. *The Alpha Solution* presents his phenomenally successful scientific approach to easy, permanent weight loss—and proves that you literally can think yourself thin.

For many of us, the result of years of poor eating, or eating for psychological and social reasons rather than nutritional ones, means that, subconsciously, we have been conditioned to eat the wrong foods in the wrong quantities. Despite our desire to be lean, strong, and healthy, we're still subconsciously programmed to overeat, crave certain foods, and snack unnecessarily. This is why diets don't work: Even if we know we should choose salad over pizza, our subconscious mind—ingrained with years of negative eating habits—undermines our efforts at every turn. The solution? Give your brain a new food blueprint by tapping into its “Alpha” state—the state right before you fall asleep in which your subconscious mind is open to suggestion and change.

Through a series of simple questionnaires, Dr. Glassman guides you through the process of identifying the food issues you need to overcome and creating two personalized scripts tailored to your specific weight loss needs. You will then record the scripts on a tape or CD and listen to the recordings each night as you fall asleep. The changes are immediate and dramatic—you will begin reaching for healthy foods, keeping proper portion sizes, and turning down the fattening, sugary foods you used to crave. Within days, your eating habits will be transformed and you will begin melting away the pounds—seemingly without effort!

Filled with success stories, *The Alpha Solution* is already changing the lives of people everywhere. Losing weight has never been this easy—and you will never have to “diet” again. What could be better than that?

No counting calories  
No carb restriction  
No complex menus  
No special workouts

Finally, a medically proven way to change your relationship with food forever--no diet or exercise required! This revolutionary book reveals how to literally think yourself thin: by simply and easily training your brain to automatically crave healthy foods in the proper portions. Whether you want to lose ten pounds or fifty, *The Alpha Solution* will quickly make diet struggles a thing of the past—and keep you fit and thin for life!

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