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The Self Improvement Show Archives Available

November 29th 2012: Skinny Genes (and Jeans)

Brittany struggled with food cravings and emotional eating—and a million ineffective diet strategies—for more than a decade until she discovered a solution that allowed her to lose the excess weight in months. Her approach to weight loss is to help women uncover the underlying emotional drivers which cause them to crave certain foods. She teaches women how to apply certain techniques to quickly and effortlessly eliminate the cravings and emotional eating to lose the weight they have been unable to lose with diet and exercise. She will share her story with us and talk about her on-line program

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