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The Self Improvement Show
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February 19th 2015: From Fat to Fearless

If you are overweight you may have tried everything you can think of to lose the weight and have a slender, healthy body. You probably have been to counselors, nutritionists and doctors who specialize in weight loss. You have been on starvation diets, ketosis diets, fad diets, and doctor-supervised diets. They all worked for a time and then—fat again. You have addressed every possible cause that you know of. But what about those causes you don't know about? What about the subconscious programming that isn't in your awareness but causes you to eat more than you need and prompts your body to han

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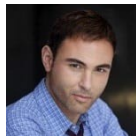
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Featured Guest



Asher Fox, Sc.B., C.Ht.

Asher Fox is a Subconscious Behaviorist, Cognitive Behavioral Coach, and Clinical Hypnotherapist, who for over 18 years has specialized in helping those who suffer from being chronically overweight heal the subconscious issues that drive them to eat emotionally.

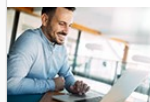
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