

Andreas Winter
Losing Weight Is Easier Than Gaining It
Practical Manual

A 10-day-programme to get started
for a lasting reduction in weight
With CD

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About the book.

Losing weight through a book? Is that really true? In fact, it is. Thousands of people have proven that it only requires the acceptance of some information in order to change one's thinking and feeling, and thus one's metabolism and ultimately one's body.

But the information you get in this book are no dietary recommendations, health tips and diet programmes. Andreas Winter, author of the bestseller „Losing Weight Is Easier Than Gaining It”, explains rather the relationship between emotions and bodily functions. So, you do not need to carry this book during a marathon to the Mount Everest in order to get slim – all you need is to read and understand, step by step, why a person builds up excess body fat and how to reduce it again.

In a 10-day-programme, you can recondition your metabolism: from gaining to losing weight, in line with your body and your health. And no matter what and how much you eat – you lose weight through a different consciousness and feeling while eating.

In the past, Andreas Winter set up the astonishing thesis that losing weight has nothing to do with eating and is easier than gaining weight. Now he leads the reader step by step through a weight loss programme that is second to none and demonstrates the absurdity of the diet industry.

The book is accompanied by a 73-minute CD which contains case studies, suggestions and supporting tips. So the mind can process the information in a more intensive way and the subconscious can absorb it even better.

About the author.

The qualified educationalist **Andreas Winter** (born in 1966) is—as a psychological counselor—head of the institute Powerscout in Iserlohn. With his enthusiastic lectures and his successful book series “The Psycho-Coach” he has made a name for himself in the public in the past years. In November 2007 his book “Losing Weight Is Easier Than Gaining It” was on Amazon's top-100-list within a few days and on number two of the bestselling list of psychology books.

Andreas Winter's approach contains the techniques of depth psychology analysis, elements of neuro-linguistic programming (NLP), and the working with vivid imagination. Andreas Winter is member of the society of German naturalists and physicians (Gesellschaft Deutscher Naturforscher und Ärzte).

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Mankau Verlag GmbH • Postfach 13 22 • D-82413 D-Murnau a. Staffelsee
Tel. ++49 (0) 88 41 / 62 77 69-0 • Fax -6
E-Post: kontakt@mankau-verlag.de • Netz: www.mankau-verlag.de