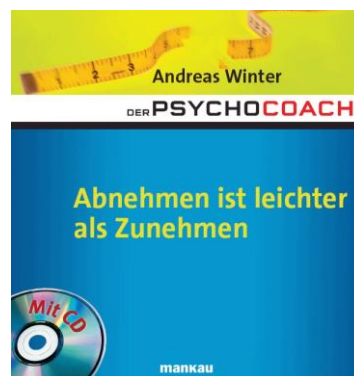


Andreas Winter
**Der Psychocoach 3:
Abnehmen ist leichter
als Zunehmen
Mit Starthilfe-CD**

Mankau Verlag
3rd ed. 2009 (1st ed. 2007)
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Andreas Winter
**The Psycho-Coach 3:
Losing Weight Is Easier
Than Gaining It
With a supporting CD**

About the book.

Question: Why do diets make one person slim, but not the other?

Answer: Eating alone does not make fat at all. Everyone can lose weight at once and keep the desired weight if he/she knows exactly why he/she is overweight.

With this provocative thesis the author Andreas Winter crusades against a worldwide medical fallacy—successfully, as the figures do prove: hundreds of men and women who have come to know the background of their overweight could in fact control their weight after a short time. Neither discipline nor abstinence were necessary—they could eat what and how much they wanted.

Winter points out: With excessive ingestion of food one can gain weight, but this is not necessarily so—and one can effortlessly lose weight at any time. Three hidden reasons cause the persistent fat pads.

This new approach that turns the “diet industry” upside down is the essence of this guide. Provocative, vivid and with scientific thoroughness.

Do you want to know why some people get fat, although they comparatively do not eat much? And on the other hand why others are slim, although they eat how much they want to?

Be drawn into an exciting depth psychology analysis with the help of which every overweight person can lastingly get slim without the slightest difficulty.

About the author.

With his book series “The Psycho-Coach” Andreas Winter wants to let the general public gain from his scientific insights. The qualified educationalist works as a psychological counselor at his institute Powerscout in Iserlohn. His method 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). With his volume “Addiction to Nicotine—the Big Fallacy” he caused he great sensation in Germany.

With the first volume of the Psycho-Coach series “Addiction to Nicotine—the Big Fallacy” he caused a great sensation and has become well-known in Germany. His clients come from all over Europe by now.

“(...) Provocative, vivid, and with scientific thoroughness (...).”

main-rheiner.de, 21st September 2007

“(...) In his new book the author gives many tips. (...) He is aware that he is turning the diet industry upside-down.”

Frankenpost, 6th October 2007

“(...) An exciting depth psychology analysis with which overweight persons can get slim lastingly and without difficulty.” KursKontakte, October/November 2007

“Get slim with your mind! (...) The author has developed a coaching for overweight persons with which one can lose up to three kilos in a week without diet and sport (...).”

tv hören und sehen (title story), 10th-16th November 2007

“(...) Winter’s résumé—that the mind decides, if we get fat or slim—has met a wide response among readers and the media so that the first edition was sold at once (...).”

lebenswert, 1/2008

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