



Weight Loss Discovery - Freedom From Food, A Quantum Approach

By [Patricia Bisch](#)

What you eat doesn't cause you to gain weight.

If that's all it was about, anyone could lose weight with a good diet. But the reality is that diets are a temporary fix. No matter how hard you struggle to lose a few pounds, before you know it the weight is back. That's because it's not what or how or when you eat that is the issue. There is an underlying cause for gaining or losing weight that most diets don't begin to touch upon.

Freedom From Food shows you how to look at food from a unique and powerful perspective. It proves what quantum physics has demonstrated--your body is a mass of energy that is created from the thoughts you think. Knowing this, you can change your beliefs to activate a new body/mind connection, which clears the pathway to process food differently.

This is not a hit and miss theory. There is a specific, step-by-step formula to achieving tangible results. Freedom From Food not only gives you the formula but also supports you in activating it.

Of course, you need to build a strong mental-emotional bridge to take you from the reality where food makes you fat to the reality where you can eat whatever you want and not gain weight. Freedom From Food guides you in transforming concepts into experience so you can build your bridge on a bedrock of practice. Once across this bridge, you will be able to eat whatever you want without putting on extra pounds. You can have lasting freedom from the bondage of food and from being overweight.

The book is divided into five parts:

Part I inspires you with my personal story of how I permanently healed my body and weight problems 30 years ago.

Part II reveals Four Mastery Keys you must know in order to heal yourself.

Part III imparts skills for defeating the dragons of doubt, fear and self-loathing that contribute to extra weight and keep you stuck in a negative cycle. You will gain facility in focusing long enough to actually create a change in the way your body processes food.

Part IV acquaints you with the strength of your own mind! You will validate the FFF process by doing a 2-Week Healing during which you get on and off a scale and prove to yourself, as I did, that you no longer gain weight from food.

Part V supports you in practicing and integrating your new consciousness. As deprivation ceases, you move into Advanced Eating. You find yourself naturally choosing foods that help you think more clearly, give you more energy and make you feel better.

Now is the time to end your struggle with the ups and downs of deprivation and diets. You do have the power within to change the way you think and enjoy freedom from food for the rest of your life.

Patricia Bisch, MA, MFT, lived the painful life of an overeater from her teen years to well into early adulthood. Then, over 30 years ago, she discovered the secret to regaining her power over food-- not through deprivation, but as a way to enjoy eating and to lose weight anyway. She proceeded to practice and perfect the principles she writes about, and today, she remains completely healed. In addition to reaching master-level proficiency in two energetic healing methods and maintaining a private practice in psychotherapy, Patricia lectures, conducts media appearances and leads classes and workshops on weight loss. She lives, writes and creates her audio CDs in southern California where she is a healthy, vibrant, living advertisement for the benefits of gaining [Freedom From Food](#) To order books and CD set, go to: [Quantum Weight Loss](#)

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