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**By Judith E. Pearson**

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Judith E. Pearson, Ph.D. is a Certified Hypnotherapy and You Weight Reduction Program: An NLP and Hypnotherapy Practitioner s Manual. \_\_\_\_\_

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Dr. Judith Pearson is the Habit Maven. She is a Certified NLP Practitioner and Hypnotherapy and You Weight Reduction Program has achieved international

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Di Judith E. Pearson, Judy Pearson is author of The Weight, Hypnotherapy And You, Weight Reduction Program: An NLP And Hypnotherapy Practitioner Manual

Chapters cover the eight sessions of the Weight, Hypnotherapy, and You program from stopping emotional eating with stress reduction to making sensible food choices,

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Hypnotherapy and You Weight Reduction Program: An NLP and Hypnotherapy Practitioner's Manual, Judith E. Pearson PhD is a Licensed Professional Counsellor,

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