

## **Rebel Diet - Anti Diet Industry Book Hits the Shelves**

*Rebel Diet, the book to demystify the diet industry is to be finally released on the 8th July. The book shows you how free yourself from diet hell, reclaim your life, weight management and in a very way. Effective results from the UK's controversial therapist, Emma James.*

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Rebel Diet , the new book by Emma James MABNLP, MATLTA, MABH, Dip FTST is out on sale in the UK and worldwide on the 8th July.

The book is a revolutionary fight against the diet industry and a direct insight into weight management through lifestyle, diet structure and most of all not having to diet all the time! It is freedom from diet hell.

It also explains the fads, myths and hype used by so many unscrupulous companies cashing into the whole diet industry.

The author, Emma James, controversial therapist, NLP and Hypnosis Trainer and Master Practitioner is also a long time competitive athlete in powerlifting. She holds World, European and British titles as well as world records in power lifting and has personally fought with her weight and coached many clients privately and in sport to help them achieve success in their field and their look.

The “rebellious” is purely the fact that you don’t have to diet 7 days a week – you can incorporate the diet into your lifestyle and time when and if you need to. You also have your Rebel Diet day, which is a major cheat day and also has a few other stipulations with it like, have fun, do something for you, do something you have never done before, but of most all.....REBEL!

What is simple is dieting – what is not simple is dealing with the rest of life, mental motivation, self confidence and image problems which also help or hinder your efforts in being the person you want to be. If you don’t feel like changing and don’t have the motivation to do it for “you” then no diet or pill on earth will work.

Welcome to the world of dealing with the whole person as well as an effective and revolutionary new diet system and attitude.

Mirage Publishing owned by the world renowned Steve Richards and author of Cosmic Ordering have the nudge for Emma to write her book and system so the general public can have access to the system she has been using with clients and herself for years.

Emma has come through many challenges and worked through her own traumas as well as with clients and she provides insight into the techniques and methods used along with the times when they have saved her.

For anyone wanting a fresh new way to rebel against the whole diet industry and take their weight management into their own hands this will be a liberating system.

The book is now available through [www.amazon.co.uk](http://www.amazon.co.uk) and through high street book stores and is retailing at £7.99. You can also read and take part in news and updates through the dedicated web site [www.rebeldiet.com](http://www.rebeldiet.com)

Emma can be reached through her NLP training company at [www.emmajamesnlp.co.uk](http://www.emmajamesnlp.co.uk)  
NLP Sport [www.emmajamesport.co.uk](http://www.emmajamesport.co.uk)  
Personal Therapy at her clinic in Manchester [www.emmajames.net](http://www.emmajames.net)

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### **Keywords**

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