



# Mind Over Platter

*Rosa Smith-Montanaro*

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## **Mind Over Platter** Rosa Smith-Montanaro

Train your brain to think thin. Imagine yourself thin. Lose up to 15 pounds in 21 days using the power of your subconscious mind. Mind Over Platter combines coaching, hypnosis, NLP (neuro linguistics programming) and nutrition to transform your mind and body. Not only will you train your brain to think thin, you will train your body to become a fat burning machine. By Rosa Smith-Montanaro, America's Virtual Weight Loss Coach and award winning creator of [www.MindOverPlatter.com](http://www.MindOverPlatter.com)

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