



The Power Principle: Mind-Body-Spirit Approach to Ultimate Weight Loss

Sergey Sorin

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Written by a board certified physician who specializes in weight loss, the book offers the "Power Principle" as a tool that goes beyond just the physical (body) aspects to tap into the mind and the spirit, empowering the person to take charge of their life, health and weight. Dr. Sergey Sorin says that the ability to lose weight begins from the inside out, so turn on the power in you before attempting to take on any outside challenge, especially overcoming weight loss. This is not only a diet book that recommends a specific meal plan or exercise routine; it's a book that recommends an overhaul of your lifestyle, which includes the way you think, feel and eat. The book empowers you with ways to engage your spirit, reform your mind, as well as reshape your body. In other words, losing weight is not just about your body, it includes every aspect of your being. This is not a book about will power but a book that encourages the POWER OF YOU.

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