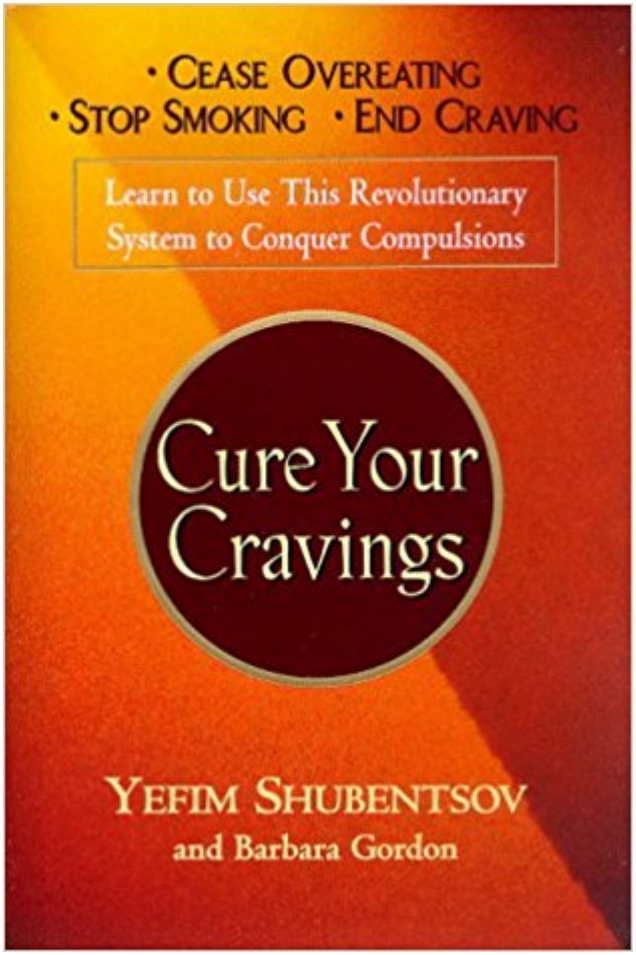
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Cure Your Cravings: Learn To Use This Revolutionary System To Conquer Compulsions



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Synopsis

Who hasn’t heard about the dangers of smoking, obesity, and substance abuse? But no matter how much you know in your heart that you shouldn’t have that drink, smoke that cigarette, or eat that chocolate, you know just as well that you will. There is something powerful about a craving. It’s not that we’re poorly informed, it’s that we can’t stop ourselves. Our biology--our craving mechanism--has us standing before a firing squad, shouting, Come on already, shoot! Anyone who has been on a diet (or ten) or quit smokingagain and againknows how true this is. Yefim Shubentsov is changing all that. Shubentsov has no time for draconian measures or asceticism; life, he says, is meant to be enjoyed. His simple technique employs a new perspective on craving and a heavy dose of common sense mixed with a powerful new discovery: Bio Energy. The result of years of behind-the-iron-curtain research, Bio Energy is a force within each one of us that waits only to be stirred. By understanding your cravings and awakening your Bio Energy, the bonds of addiction are easily thrown off. Yefim Shubentsov is placing the power to cure your cravings right in your hands. In this book, he will reveal--for the first time--the effective methods he has used to help 90,000 people regain control of their lives. This strategy, the Shubentsov Solution, enables people to stop smoking, overeating, and craving--without patches, questionable drugs, or denial.

Book Information

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Customer Reviews

Yefim Shubentsov left the Soviet Union at age 40 to find freedom in the United States. Ironically, he came to realize that "many people in the free world are in a kind of prison as well": our addictions and cravings. He has taught 96,000 people to escape from food cravings and smoking addiction.

Give up the idea of the magic bullet or quick fix--he wants us to "reject the miracles being peddled," grow tougher, and recapture our common sense. "Then, when you leave prison, there won't be a jail to send you back to. You will have destroyed it." Shubentsov blames the "cult of self-esteem" and public opinion for stripping away our toughness and responsibility. Our cravings are not carved in stone because of our emotional histories, he says--they are under the control of our "creativity, common sense, and cleverness," tempered with patience and endurance. He describes a healing energy force he calls Bio Energy, a "sixth sense" we all can tap. The book is mostly motivation and psychological theory, with frequent case studies illustrating the points. Brief practical sections give techniques for developing your Bio Energy, losing weight, and quitting smoking. --Joan Price

Yefim Shubentsov is on the side of the angels. His method can change your life. --This text refers to an out of print or unavailable edition of this title.

ok

Interesting but didn't change my life

This item has arrived and is great. I cannot say the same about Green Grow the Rushes DVD which apparently someone has tried to deliver once and never again. We have been in all week and no-one has tried to deliver it here. I only mention it here, because I cannot access the Green Grow the Rushes section and apparently you are the same company. So as far as that dvd goes it will only be a one star

In a nutshell, this Russian emigrant tells how weak we Americans are and that if we'd just ignore all the advertising etc. around us, we would eliminate our cravings. His answer: We gotta be tougher, we gotta use common sense and creativity. Then there's the chapter on the mysterious force we all emanate called "Bio Energy". Pu-leez. He says, in a nutshell, that if you want to eliminate cravings, then just don't have cravings. For this I paid $21.

Was mostly curious about this man's methods because a family member trusts in it. I am a conservative christian and I agreed with much of his conclusions about addictions - but not all. Thank you!

Excellent for info on bioenergy and interesting information about How in then Russia there existed groups that studied this without repercussions from the gov. Sadly though I understand that the publisher or co-author put in the contract clause that they would receive all financial proceeds from the book. Apparently The Mad Russian didn't realize what he was signing which is common for all of us these days. Ever see those agreement you have to accept when you download a program or subscribe to a service? Well either way, if you are a serious holistic practitioner like I am, it's worth getting this book.

This man helped me quit cigarettes after over 40 years smoking. I feel very lucky to have been able to go to Boston to see this man. He is a remarkable man. I loved being a non=smoker! I would love for him to write another book. He has wisdom that he is willing to share. The people who get to be around him are very lucky., Pat Kellett

Bought this book a few months after I scheduled a trip with a friend to see the notorious "Mad Russian" in Boston. His book did not help me quit smoking, and it probably won't help you either, but his observations about western culture from the perspective of someone who has lived his entire life under a communist regime are reason alone to read this book. When I finally did get to Boston for our one hour group smoking cessation class, he went on and on about all sorts of crazy stuff (hence the name Mad Russian) like," No one loves you but your parents." and "There is no such thing as ADHD." At one point he showed us the bust of a man who we had to identify and happened to mention that I resembled his wife. It was the Flemish artist Peter Paul Rubens. Oh, great, I am Rubenesque, artspeak for FAT-thanks a lot crazy Russian dude. At the end he takes you into a room alone and "Zaps" you while your eyes are closed, and this is supposed to cure your nicotine cravings. I cheated and opened one eye, and then he told me I am not fat and that he likes his women voluptuous (do I care?) I think the whole thing was a form of mild hypnosis along with power of suggestion. And it was entertaining. It did work for 2 months, then I went back to smoking. He's worth a visit if you want to quit smoking. It does work for some. I finally stopped smoking a year later on my own, and guess what, I became even more voluptuous! Haha!

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