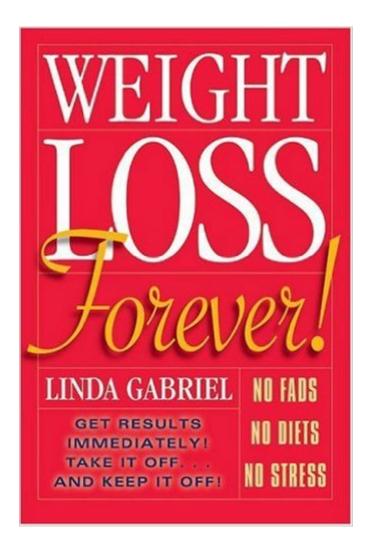
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Weight Loss Forever!: The Inner Power Series





Synopsis

Rather than diets or exercise, this revised and updated guide shows that the best tool for treating weight problems is the human mind. Most weight difficulties are the result of an emotional or mental issue that affects the mind, which in turn alters eating habits and the body itself for the worse. By learning to harness the strength of their own inner power, people with weight concerns will discover how to effectively deal with and remove these issues. Correcting the mind will result in steady, lasting weight loss, a healthier physique, and improved self-esteem.

Book Information

Series: Inner Power Mass Market Paperback: 120 pages Publisher: BurmanBooks Media Corp; 2nd edition (December 1, 2009) Language: English ISBN-10: 189740400X ISBN-13: 978-1897404003 Product Dimensions: 7.1 x 0.4 x 9 inches Shipping Weight: 7.2 ounces Average Customer Review: Be the first to review this item Best Sellers Rank: #5,827,534 in Books (See Top 100 in Books) #68 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #2492 in Books > Self-Help > Hypnosis #3376 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders

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