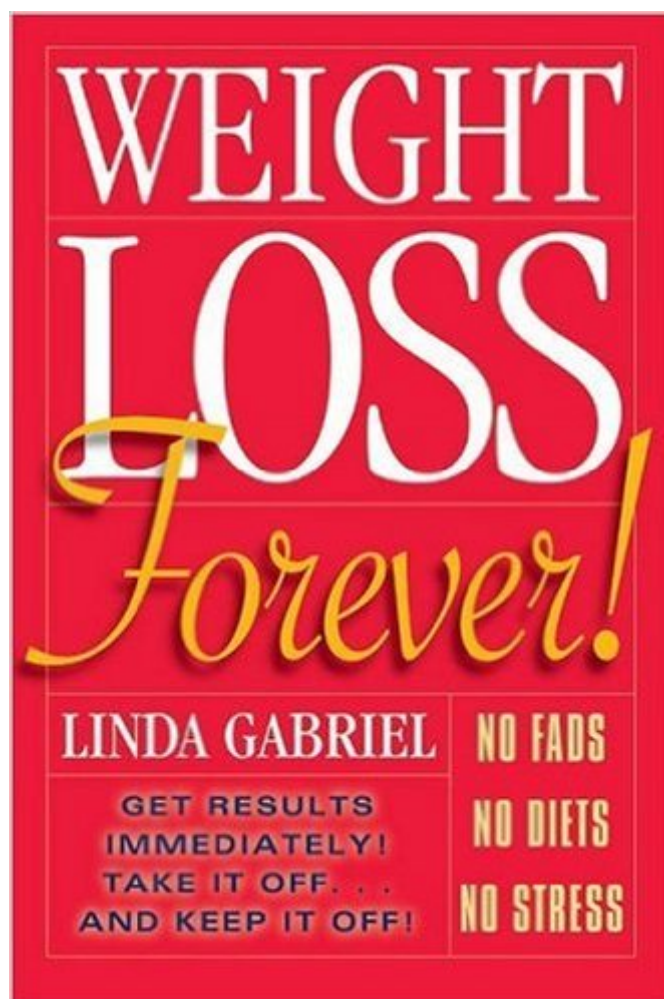


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Weight Loss Forever!: The Inner Power Series



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

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