

How to Think Your Way to Thin: The Lies We Tell Ourselves about Weight Loss



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Reviews

It is one of the best books. Indeed, it really is playful, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Sofia Yundt)

HOW TO THINK YOUR WAY TO THIN: THE LIES WE TELL OURSELVES ABOUT WEIGHT LOSS

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Createspace, United States, 2013. Paperback. Book Condition: New. Sallie L Kintigh (illustrator). 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Why would you ever want to go on a diet to loose weight? Who in the heck has time to exercise 7 days a week or 3 days for that fact to lose weight? If you want to lose weight and you are tired of the fad diets, diets in themselves or exercising to kill yourself, then I have something that will blow your mind away! Hello, my name is Robert Kintigh and I lost 105 pounds with no dieting and no exercise and I did with what I call Mental Weight Loss. I have written this book and an exercise program that is unique and not like all of the other programs who set you up to fail because I want to finally help everyone with life long struggles with their weight. In this book I am going to guarantee you somethings that most will never do for you. I guarantee you: That you can do this program and lose weight. My book will give you an understanding of natural weight loss that is life long. That you have the best chance to succeed with this program. That you will lose weight if you will follow the book and program. I lay everything on the table so you can relax and learn. This is not a fad diet, some weird experiment, another diet for you to fail with, a complicated idea even though it may appear that way or resembling anything like you have tried in the past. This is amazing and this is like no other. The only other person I have found that has such a clear understanding about mental weight...



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