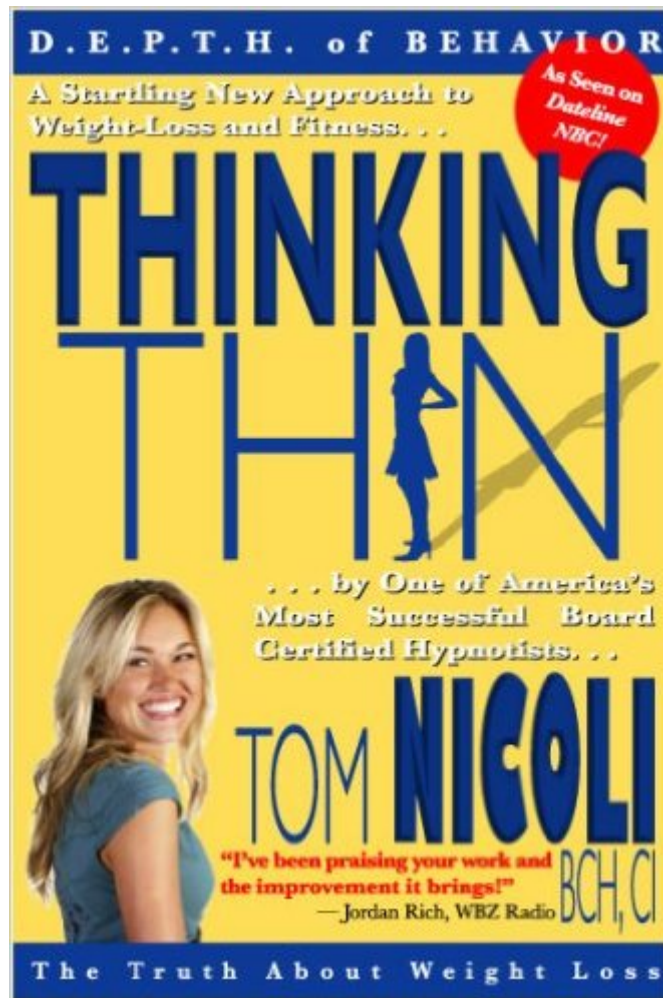


The book was found

Thinking Thin



Synopsis

Have you suffered through too many trendy diet programs without lasting results? Have you worked yourself to the point of exhaustion in the gym? Have you ever taken a miracle pill to help you lose weight? Does your weight still fluctuate more than the stock market? Are you pleading for a weight solution that actually works? If you answered yes to any of those questions, then you must read THINKING THIN a startling new approach to weight-loss and fitness developed by Tom Nicoli, BCH, CI, one of America's most successful Board-certified hypnotists who has been seen on Dateline NBC and praised by SHAPE Magazine as the Hippest of the Hyp! . Tom has shown thousands of people around the world how to live free from the anguish of obesity all without the struggle associated with most weight-loss programs and diets. Why put up with dangerous diet pills or waste another day of self-starvation or dreaded workouts when you don't have to? Make the decision today to embark upon the joyous path to a better you. It all begins with THINKING THIN...

Book Information

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Average Customer Review: 5.0 out of 5 stars See all reviews (1 customer review)

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Customer Reviews

I am a clinical hypnotist and this book is great for the professional hypnotist as well as the general public. This small book is packed with worthwhile information. The information is presented in a clear and easy to understand manner. By following the suggestions in the book, anyone who has decided to lose weight should lose weight.

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