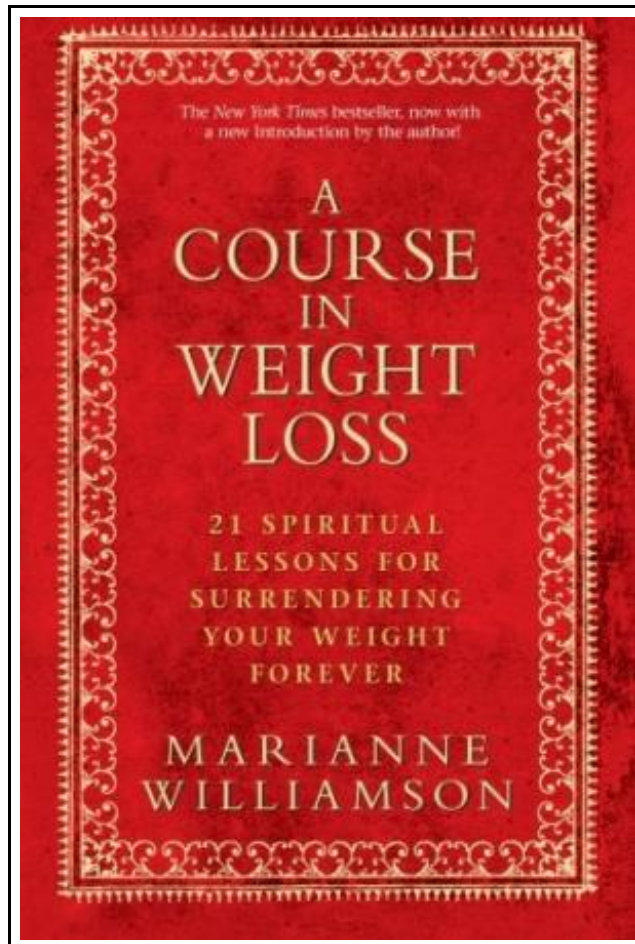


A Course in Weight Loss: 21 Spiritual Lessons for Surrendering Your Weight Forever



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Reviews

Absolutely essential study pdf. It is written in basic words and phrases rather than hard to understand. I am just happy to tell you that this is basically the finest pdf I actually have studied during my personal lifestyle and can be the very best publication for actually.
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A COURSE IN WEIGHT LOSS: 21 SPIRITUAL LESSONS FOR SURRENDERING YOUR WEIGHT FOREVER

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What is the connection between spirituality and weight loss? Best-selling author Marianne Williamson is about to answer that question for you in her groundbreaking new book, bringing you 21 spiritual lessons to help you surrender your weight forever. These lessons form a holistic paradigm for weight loss, addressing the spiritual, emotional, and psychological elements involved in what Williamson refers to as conscious weight loss. If you are a food addict, a compulsive eater, or someone who for any reason sees food as the enemy, this book is for you. *A Course in Weight Loss* addresses the true causal root of your weight-loss issues: a place within you where you have forgotten your divine perfection. This forgetfulness has confused not only your mind but also your body, making you reach for that which cannot sustain you . . . and reject that which does. As your mind reclaims its spiritual intelligence, your body will reclaim its natural intelligence as well. The 21 lessons in this book will take you on a deep, sacred journey. One step at a time, you will learn to...



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