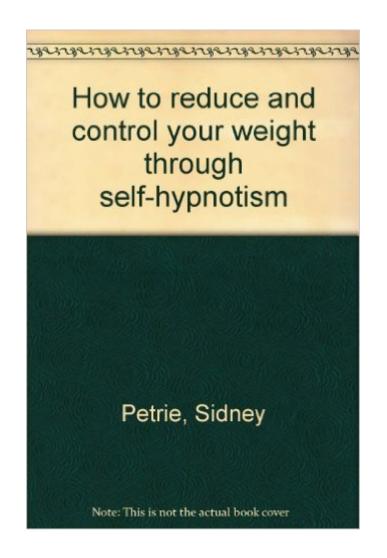
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## How To Reduce And Control Your Weight Through Self-hypnotism





## **Book Information**

Paperback: 176 pages Publisher: New American Library (1970) Language: English ASIN: B0007DRS6Y Product Dimensions: 7 x 4.2 x 0.4 inches Shipping Weight: 1.6 ounces Average Customer Review: 5.0 out of 5 stars Â See all reviews (1 customer review) Best Sellers Rank: #10,898,260 in Books (See Top 100 in Books) #94 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets

## **Customer Reviews**

I purchased a copy of this book many years ago, and before I finished reading it, noticed that certain foods held no interest for me any more. I lost thirty pounds that summer without feeling deprived, and have since purchased several to give to other people. I have just now bought three more copies from to give to others.

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