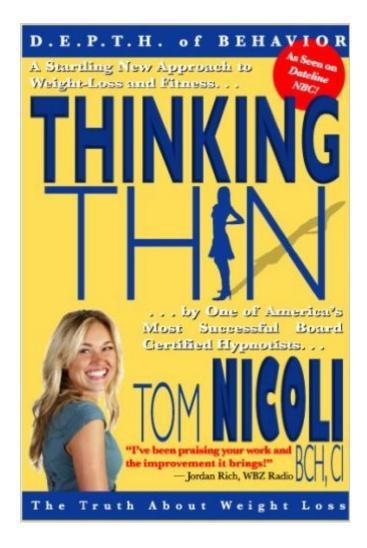
The book was found

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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#12011 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

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 loose weight should loose weight.

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Positive Thinking: How to Eliminate Negative Thinking and Gain Success, Health and Happiness

Through Positive Thinking and Self-empowering Affirmations (Positive Thinking Everyday Book 1) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) The Thin Book of Appreciative Inquiry (3rd Edition) (Thin Book Series) Thinking Thin Emotional Intelligence: Master Your Emotions- Raise Your EQ, Critical Thinking and Optimize Your Life (Emotional Intelligence, Critical thinking, EQ) Thinking About You Thinking About Me: Philosophy and strategies to further develop perspective taking and communicative abilities for persons with ... Autism, Hyperlexia, ADHD, PDD-NOS, NVLD Positive Thinking: How to Rewire Your Brain with Positive Thinking and Self-Empowering Affirmations to Finally Achieve Success and Freedom Critical Thinking: Decision Making with Smarter Intuition and Logic! (Critical Thinking, Decision Making, Logic, Intuition) Thinking Through Systems Thinking Thinking German Translation (Thinking Translation) Thinking Spanish Translation: A Course in Translation Method: Spanish to English (Thinking Translation) The Nature of Theoretical Thinking in Nursing: Third Edition (Kim, The Nature of Theoretical Thinking in Nursing) 50 Philosophy Classics: Thinking, Being, Acting, Seeing, Profound Insights and Powerful Thinking from Fifty Key Books (50 Classics) Critical Thinking in Long-Term Care Nursing: Skills to Assess, Analyze and Act (Cohen, Critical Thinking in Long-Term Care Nursing: Skills t) Thinking Critically to Solve Problems: Values and Finite Mathematical Thinking Eat Fat and Get Thin, Fit, and Healthier Than Ever Before!: Easy Diet and Delicious Cookbook: Recipes for Dramatic and Sustainable Weight Loss (Includes 21 Day Meal Plan) Summary Of Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health by Mark Hyman M.D. Dr. Atkin's Diet Revolution: The High Calorie Way to Stay Thin Forever Dr. Atkins Diet Revolution: The High Calorie Way to Stay Thin Forever Dr. Atkins' Diet Revolution: The High Calorie Way to Stay Thin Forever (1972 Edition)

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