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Weigh Less Express: Six Sure-Fire Steps to Your Ideal Weight, Better Health and an Empowered Life! (Paperback)

By Linda L Chappo

Inspiracle Publishing, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Take the Express Lane! Learn How to Successfully Use the Power of Your Subconscious Mind to Release Extra Weight and Empower Your Life Experience! In this bold new book by a holistic health counselor and hypnotherapist, Linda L. Chappo, you are given all the insider tips, tricks and secrets to rapidly reduce your weight and express your power. - There s no special diet, pills or foods to buy. It s a totally natural and holistic approach to weight reduction.- The Weigh Less Express program can help you relearn healthy eating behaviors and enjoy sustainable new strategies that keep extra weight off for good. Join a weight reduction program that provides you with the motivation and tools to achieve rapid weight reduction without starvation. This holistic approach to weight reduction and lifestyle enrichment is specifically designed to help you: Achieve permanent weight reduction Burn excess body fat - fast! Stop eating for emotional reasons Bump up your metabolism so you reduce weight rapidly Feel motivated toward more physical activity Let go of limiting beliefs Learn to be completely satisfied with smaller portions...

Reviews

The best book i at any time read. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this book to understand.

-- **Raina Simonis**

This publication is wonderful. It really is rally interesting throgh reading period of time. I am just very easily will get a delight of reading a published book.

-- **Roma Little**