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## Fat Mind, Fat Body - An Effective Lasting Weight Loss Solution: Lose Weight, Keep Fit Live Longer (Paperback)

By Benjamin P Bonetti

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Fed Up With Your FAT Body? Isn't It Time That YOU Changed?

Benjamin Bonetti International Bestselling Hypnotherapist has combined all his skills to produce this truly fantastic support tool for those struggling to get to grips of their weight loss journey. Within this exciting, informative and direct publication, Benjamin has included all that YOU will ever need to know in order to successfully lose weight for good! SO, what are you waiting for? Isn't it time you took back control of your life and took the massive action required to live a life that you deserve? Benjamin Bonetti is recognized as one of the world's bestselling hypnotherapists and self-help authors. With over 1 million self-help products sold internationally his self-help Apps, Audiobooks and CD's are regularly in the top ten audio charts on Amazon, iTunes, Audible and the App Store. Have been spending the past three years trying just about every diet under the sun, but nothing seemed to work. This book wasn't a diet by any means, it actually changed the way I started thinking about...



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