



Mind Power and Healthy Eating: The Art of Losing Weight and Staying Healthy

Josephine Spire

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The mind is a powerful tool in holding the power to the way we think, feel and act. Mind power and Healthy Eating is a book about simple yet very powerful mind power techniques that are focused on promoting overall health whilst helping you to eat healthy, lose weight, maintain weight and keep active. More and more people are giving up on diets than ever before because they have come to a conscious conclusion that diets don't work. In this book you will learn that when you access the power of the mind, you access well-being.

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