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How to Think Your Way to Thin: The Lies We Tell Ourselves about Weight Loss (Paperback)

By Rrobert D Kintigh, Robert D Kintigh

Createspace, United States, 2013. Paperback. Book Condition: New. Sallie L Kintigh (illustrator). 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Why would you ever want to go on a diet to loose weight? Who in the heck has time to exercise 7 days a week or 3 days for that fact to lose weight? If you want to lose weight and you are tired of the fad diets, diets in themselves or exercising to kill yourself, then I have something that will blow your mind away! Hello, my name is Robert Kintigh and I lost 105 pounds with no dieting and no exercise and I did with what I call Mental Weight Loss. I have written this book and an exercise program that is unique and not like all of the other programs who set you up to fail because I want to finally help everyone with life long struggles with their weight. In this book I am going to guarantee you somethings that most will never do for you. I guarantee you: That you can do this program and lose weight. My book will give you an understanding of natural weight loss that...



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