



The Only Diet There Is

Sondra Ray

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From Preface: "Driving up the California coast one glorious winter day, Sondra Ray read me the text of this book. It was stunning. Yet the message so simple, so true. I was amazed it hadn't been written before. As often with Sondra's ideas, I volunteered to be the first "subject", the first tried and tested "experiment." Would this really work? The next day I began this unusual diet. Life has never been quite the same. By the end of the week, I'd lost several pounds, but more important I was in love with life - and myself - I had the self-worth to create a beautiful body. Within one month I had lost fifteen pounds, achieving my perfect body weight...the theory is simple. Though we might think it is our negative eating habits that have kept us unattractive and unhealthy, it is really our negative thoughts and feelings. "

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