



Mind Over Fatter: See Yourself Slim, Think Yourself Slim, Eat Yourself Slim

Anna Richardson

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'Are you tired of starving yourself silly to get that perfect summer bikini body, only to put a stone back on by Christmas? Fed up of starting the New Year with the latest diet 'craze' only to be back where you started - and more - by March? I was. Until I learned the secret every dieter needs to know - the power of hypnosis. In Mind Over Fatter I'll help to train your mind so you can break free of the diet cycle once and for all. Anna xx' Mind Over Fatter is Anna's three-step programme to long-term weight loss: use Anna's Free Online Hypnosis Sessions to teach your subconscious to see yourself slim; use Anna's scientifically proven Seven Secrets of Slim to think yourself slim; follow Anna's 14-day Healthy-Eating Plan, created from 60 delicious recipes, to eat yourself slim.

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From reader reviews:

Irene Vaughan:

The feeling that you get from Mind Over Fatter: See Yourself Slim, Think Yourself Slim, Eat Yourself Slim could be the more deep you searching the information that hide within the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to understand but Mind Over Fatter: See Yourself Slim, Think Yourself Slim, Eat Yourself Slim giving you buzz feeling of reading. The author conveys their point in selected way that can be understood by simply anyone who read that because the author of this guide is well-known enough. This particular book also makes your current vocabulary increase well. It is therefore easy to understand then can go along, both in printed or e-book style are available. We suggest you for having this particular Mind Over Fatter: See Yourself Slim, Think Yourself Slim, Eat Yourself Slim instantly.

Ronald Ybarra:

Playing with family in a park, coming to see the coastal world or hanging out with friends is thing that usually you could have done when you have spare time, then why you don't try factor that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Mind Over Fatter: See Yourself Slim, Think Yourself Slim, Eat Yourself Slim, you can enjoy both. It is fine combination right, you still desire to miss it? What kind of hang type is it? Oh can occur its mind hangout fellas. What? Still don't have it, oh come on its identified as reading friends.

Roxanne Harrelson:

The book untitled Mind Over Fatter: See Yourself Slim, Think Yourself Slim, Eat Yourself Slim contain a lot of information on it. The writer explains your ex idea with easy technique. The language is very straightforward all the people, so do not necessarily worry, you can easy to read that. The book was written by famous author. The author provides you in the new age of literary works. You can read this book because you can read on your smart phone, or product, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can start their official web-site as well as order it. Have a nice read.

Phillip Chadwick:

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