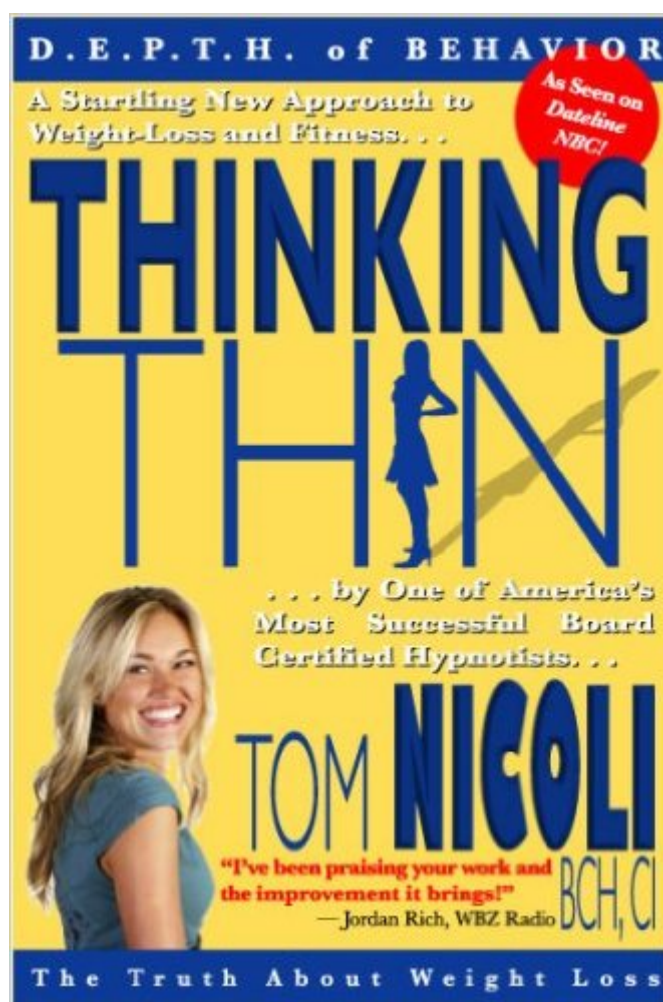


The book was found

# Thinking Thin



## Synopsis

Have you suffered through too many trendy diet programs without lasting results? Have you worked yourself to the point of exhaustion in the gym? Have you ever taken a miracle pill to help you lose weight? Does your weight still fluctuate more than the stock market? Are you pleading for a weight solution that actually works? If you answered yes to any of those questions, then you must read THINKING THIN a startling new approach to weight-loss and fitness developed by Tom Nicoli, BCH, CI, one of America's most successful Board-certified hypnotists who has been seen on Dateline NBC and praised by SHAPE Magazine as the Hippest of the Hyp! . Tom has shown thousands of people around the world how to live free from the anguish of obesity all without the struggle associated with most weight-loss programs and diets. Why put up with dangerous diet pills or waste another day of self-starvation or dreaded workouts when you don't have to? Make the decision today to embark upon the joyous path to a better you. It all begins with THINKING THIN...

## Book Information

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## Customer Reviews

I am a clinical hypnotist and this book is great for the professional hypnotist as well as the general public. This small book is packed with worthwhile information. The information is presented in a clear and easy to understand manner. By following the suggestions in the book, anyone who has decided to loose weight should loose weight.

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