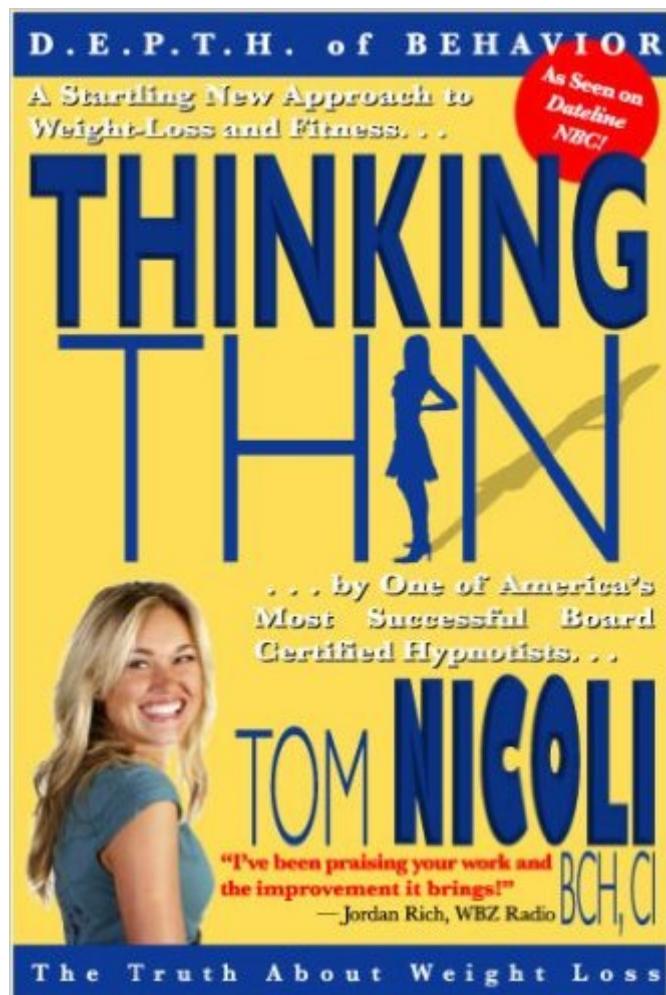


The book was found

## 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 lose weight should lose weight.

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Positive Thinking: How to Eliminate Negative Thinking and Gain Success, Health and Happiness

Through Positive Thinking and Self-empowering Affirmations (Positive Thinking Everyday Book 1) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) The Thin Book of Appreciative Inquiry (3rd Edition) (Thin Book Series) Thinking Thin Emotional Intelligence: Master Your Emotions- Raise Your EQ, Critical Thinking and Optimize Your Life (Emotional Intelligence, Critical thinking, EQ) Thinking About You Thinking About Me: Philosophy and strategies to further develop perspective taking and communicative abilities for persons with ... Autism, Hyperlexia, ADHD, PDD-NOS, NVLD Positive Thinking: How to Rewire Your Brain with Positive Thinking and Self-Empowering Affirmations to Finally Achieve Success and Freedom Critical Thinking: Decision Making with Smarter Intuition and Logic! (Critical Thinking, Decision Making, Logic, Intuition) Thinking Through Systems Thinking Thinking German Translation (Thinking Translation) Thinking Spanish Translation: A Course in Translation Method: Spanish to English (Thinking Translation) The Nature of Theoretical Thinking in Nursing: Third Edition (Kim, The Nature of Theoretical Thinking in Nursing) 50 Philosophy Classics: Thinking, Being, Acting, Seeing, Profound Insights and Powerful Thinking from Fifty Key Books (50 Classics) Critical Thinking in Long-Term Care Nursing: Skills to Assess, Analyze and Act (Cohen, Critical Thinking in Long-Term Care Nursing: Skills t) Thinking Critically to Solve Problems: Values and Finite Mathematical Thinking Eat Fat and Get Thin, Fit, and Healthier Than Ever Before!: Easy Diet and Delicious Cookbook: Recipes for Dramatic and Sustainable Weight Loss (Includes 21 Day Meal Plan) Summary Of Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health by Mark Hyman M.D. Dr. Atkin's Diet Revolution: The High Calorie Way to Stay Thin Forever Dr. Atkins Diet Revolution: The High Calorie Way to Stay Thin Forever Dr. Atkins' Diet Revolution: The High Calorie Way to Stay Thin Forever (1972 Edition)

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