



Think Yourself Slim - How to Achieve Your Perfect Weight in Six Weeks - Without Dieting

Doreen Salamon

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Doreen Salamon earned her PhD in nutrition and was one of the early pioneers in bringing alternative medicine to the attention of the general public in the UK.

Her work over more recent years led her to research the power of the mind in helping people achieve results that they thought were not possible in many different fields of activity. Her application of these same principles to weight loss and weight control has resulted in what can only be described as the most revolutionary and successful approach ever to slimming – without dieting.

In this six week course, the reader will learn and implement, step by step, some simple techniques that train the subconscious mind in just a few minutes a day to achieve their perfect weight without dieting. The results are astonishing and the same principles and mental exercises can be applied to achieving extraordinary and positive change in any other areas of their lives.

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