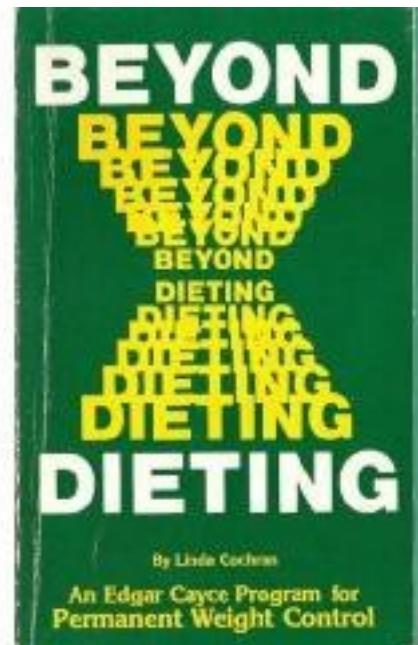


# Beyond Dieting: An Edgar Cayce Program for Permanent Weight Control



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When you declare war on overweight, attitudes and emotions

can be your greatest allies or your worst enemies.

How do you harness these powerful forces of mind? And how  
do they help you win "the battle of the bulge ?

Beyond Dieting tells you how. In lively, lucid language, it brings

together some key ideas on mind and spirit from the Edgar Cayce readings with intimate, personal experiences of the author (a columnist) and her readers. These ideas can help you change other habits and conditions, too. And you get more:

The witty, fast-paced style of Beyond Dieting is just the right strategy for helping you win the war on overweight.

- ~ Self-help quizzes and inventories
- ~ Daily affirmations and calendar pages
- ~ ~ Informative charts and guides
- ~ Hope and inspiration
- ~ Humor, humor, and more humor

作者介绍:

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