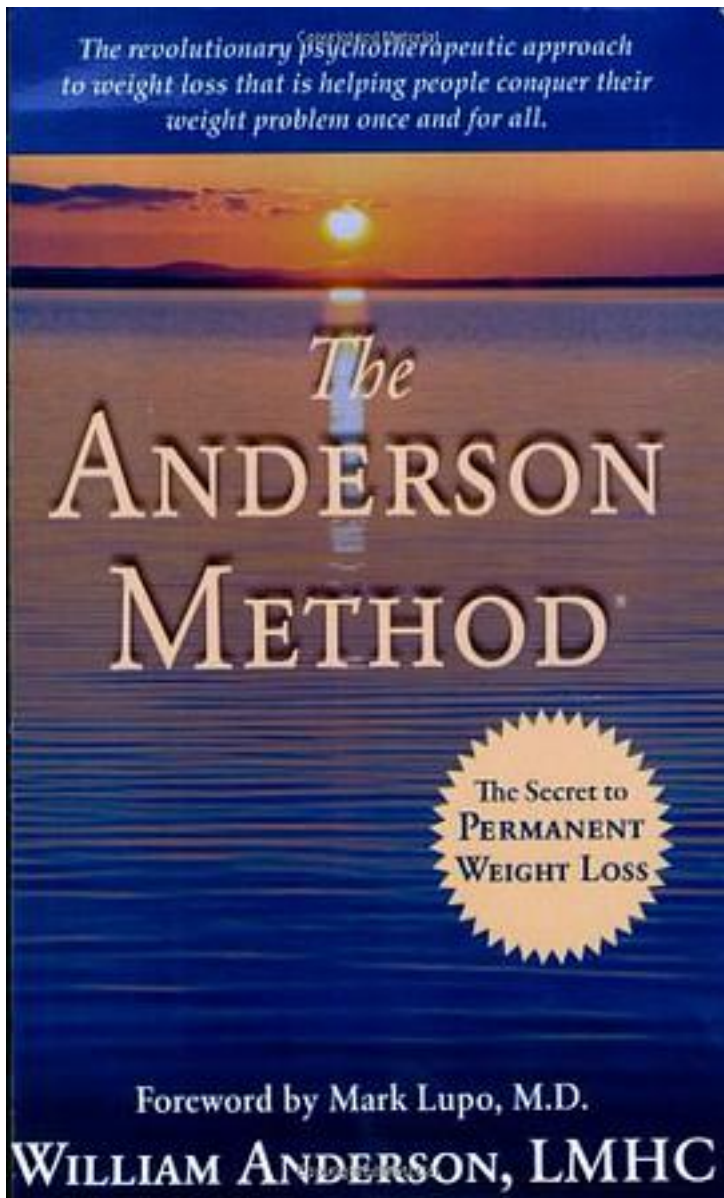


# The Anderson Method



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著者:Anderson, William

出版者:

出版时间:

装帧:

isbn:9781935097280

"The Anderson Method" is a revolutionary psychotherapeutic approach to weight loss that is helping people conquer their weight problems once and for all. With The Anderson Method, you'll learn the secrets of permanent weight loss, revealed by psychotherapist William Anderson, who lost 140 pounds after twenty-five years of failure. He has maintained his success for over twenty years, and in this book you'll learn just what to do to succeed as he and his clients have. Inside, he charts the course for the solution to your weight problem and the obesity epidemic.

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