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Be Fit For Life Series



Synopsis

The Laura King, Complete Weight Loss Program-Be Fit for Life Series-gets results by retraining your brain to attain and maintain the ideal weight for your body type. Long-term weight loss is not a matter of willpower, it's about changing thought patterns that trigger behavior. Through these Laura King self-hypnosis CDs, your subconscious mind puts you on autopilot to get and keep the body that is just right for you. You become focused on healthy eating, speeding up your metabolism, and developing a positive self-image.

Book Information

Audio CD

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