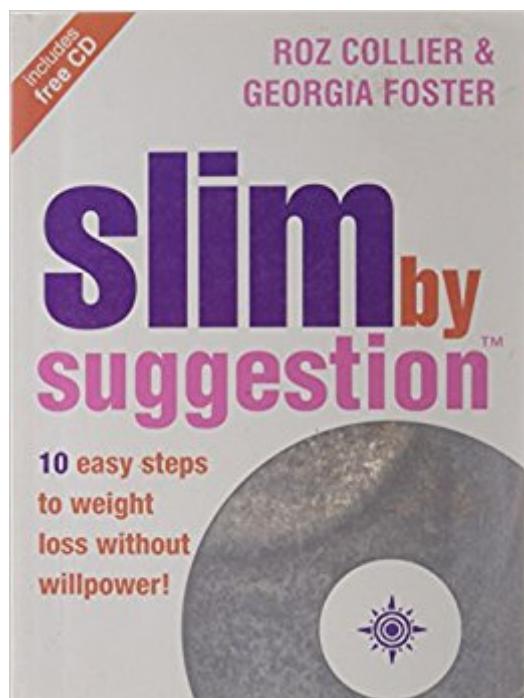


The book was found

Slim By Suggestion: 10 Easy Steps To Weight Loss Without Willpower!



Synopsis

With this book and 74-minute CD, you will discover why all the other diets you have tried--using willpower alone--have failed.

Book Information

Paperback: 208 pages

Publisher: Thorsons (April 25, 2002)

Language: English

ISBN-10: 0007126662

ISBN-13: 978-0007126668

Product Dimensions: 6.4 x 0.6 x 8.4 inches

Shipping Weight: 14.1 ounces

Average Customer Review: 3.6 out of 5 stars 2 customer reviews

Best Sellers Rank: #10,517,272 in Books (See Top 100 in Books) #92 inÃ¢ Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets #3791 inÃ¢ Books > Self-Help > Hypnosis #24587 inÃ¢ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

Roz Collier and Georgia Foster are both clinical hypnotherapists and lecturers at the London College of Clinical Hypnotherapy. Their practices incorporate Voice Dialogue, Rational-Emotive, Cognitive-Behavioural and stress counselling therapies. Both have trained clinical hypnotherapists to diploma level and have run specialist workshops in Self-Esteem, Motivation and Stress Management. Georgia also runs sales motivation groups for business. They launched Slim by Suggestion 3 years ago.

Got this product as a Father's Day gift. He loves the product. For its price, it is excellent quality. A very good looking tool too. In addition, the customer service was excellent. I certainly would recommend it! my family all need it , very good seller . will buy next time . fast shipping.

I found this book and the accompanying cd very helpful in my weight loss efforts. It works. The book promises "10 easy steps to weight loss without willpower." For me, that promise was kept.

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