

Think And Grow Thin - Charles D'angelo

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Millions across this nation have eaten themselves into a prison they cant escape and with Think and Grow Thin, Charles D'Angelo busts down those walls and unlocks the secrets of weight-loss success. This one-stop comprehensive guide targets your mind more than your muscles to help you battle the mindset thats making you fat. Whether you have 10, 200 or even more pounds to lose, Charles easy-to-follow success strategies and eating plans will give you the skills and motivation to make weight loss finally work. Filled with inspirational success stories along with photographs. You wont believe your eyes! Author: D'Angelo, Charles Publisher: Robert Kennedy Publishing Illustration: N Language: ENG Title: Think and Grow Thin Pages: 00272 (Encrypted EPUB) On Sale: 2012-01-17 SKU-13/ISBN: 9781552100998 Category: Health & Fitness : Diets - General

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