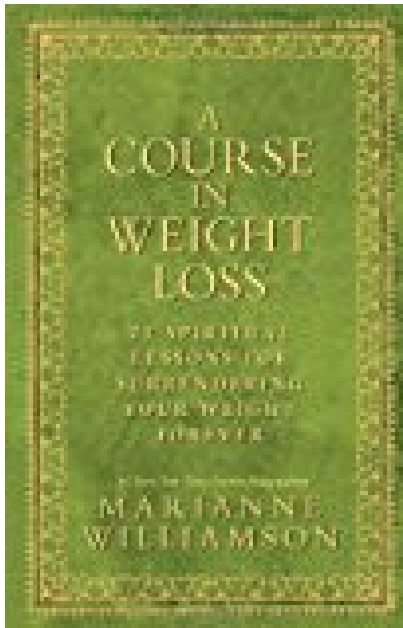


A Course In Weight Loss 21 Spiritual Lessons for Surrendering Your Weight Forever



BOOK DETAILS

- Author : Marianne Williamson
- Pages : 312 Pages
- Publisher : Hay House
- Language : English
- ISBN : 1401921523



BOOK SYNOPSIS

For so many people, whether your addiction is to a substance or merely to a certain way of thinking or acting, a profound humbling occurs when you realize that your problem is bigger than you are. The terror of realizing, even dimly, that you have no control over a self-destructive pattern of behavior {u2013} that as much as you would want to, you simply cannot stop {u2013} can mark a crucial turning point in your life. At that point, you go in one of two directions: either way, way down, or way, way up. ... This book is for you if you know in your heart that you are an addict, and that you are powerless before your addictive behavior. As the title promises, Marianne Williamson looks at weight loss from a spiritual perspective, bringing you 30 lessons that can be done separately or in conjunction with any other serious spiritual path. These 30 lessons are completely separate from anything related to diet or exercise {u2013} they will retrain your consciousness in the area of weight in order to break the cycle of overeating, dieting, and shame that rules so many lives. Finally, Marianne has brought you what you{u2019}ve been waiting for: help to heal your addiction once and for all!

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