



Keep it off: Your Weight to Weight Loss for Life (Paperback)

By Brian M. Alman

PLUME, United States, 2005. Paperback. Condition: New. Reprint. Language: English . Brand New Book. A clinical psychologist explains how to utilize the power of self-hypnosis to lose weight and to keep it off, providing concise, four-part instructions for self-hypnosis and explaining how to use the process to heal the underlying issues that cause overeating and sedentary habits. Reprint.



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