



Only Diet There Is (Paperback)

By Sondra Ray

CELESTIAL ARTS, United States, 1987. Paperback. Condition: New. Language: English . Brand New Book. Here is a book to change your life. It is a method for losing weight through positive thinking and the changing of attitudes toward life and food. This, of course, is no ordinary diet book. This is an extraordinary approach to weight loss--a diet of forgiveness, a fast from negative thought--and if followed one can achieve bodily perfection. The theory is simple. Though we might think it is our negative eating habits that have kept us unattractive and unhealthy, it is really our negative thoughts and feelings. It is the latter we must change for that is what is aging and killing us. If we do, we drop our fat as well, for the same mechanism that holds on to negative thoughts and feelings holds on to fat. --from the Preface.



[READ ONLINE](#)
[5.15 MB]



Reviews

This book is great. it absolutely was writtern quite properly and beneficial. Its been written in an extremely basic way and it is merely after i finished reading through this ebook in which basically changed me, affect the way i really believe.

-- **Leopold Schmidt**

A whole new e book with a brand new perspective. Indeed, it is enjoy, continue to an interesting and amazing literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ebba Hilll**