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# THE NLP DIET: TEACH YOURSELF: THINK YOURSELF SLIM - FOR GOOD



Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, The NLP Diet: Teach Yourself: Think Yourself Slim - for Good, Jeff Archer, Forget calorie-counting, portion control, 'Eat Right for Your Blood Group' and other fad diets. The NLP Diet is the only way to lose weight - and keep it off - because it is the only diet designed to change your thinking, not the contents of your fridge. Using the highly practical tools of NLP, the world's...

### Read PDF The NLP Diet: Teach Yourself: Think Yourself Slim - for Good

- Authored by Jeff Archer
- Released at -



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