

**POWER OF THIN: CHANGE YOUR THINKING CHANGE
YOUR WEIGHT**

Jane Heatherington

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And I've even seen people lose a little bit of weight and then gain back twice or First, the process of changing your body or state of health must begin from within. And the reason for this is simple; the subconscious mind ultimately controls.

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Change Your Thinking, Change Your Weight Steve G. Jones, Frank Mangano. " Everywhere I go people admire my body and how thin I am." Do you see how.

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