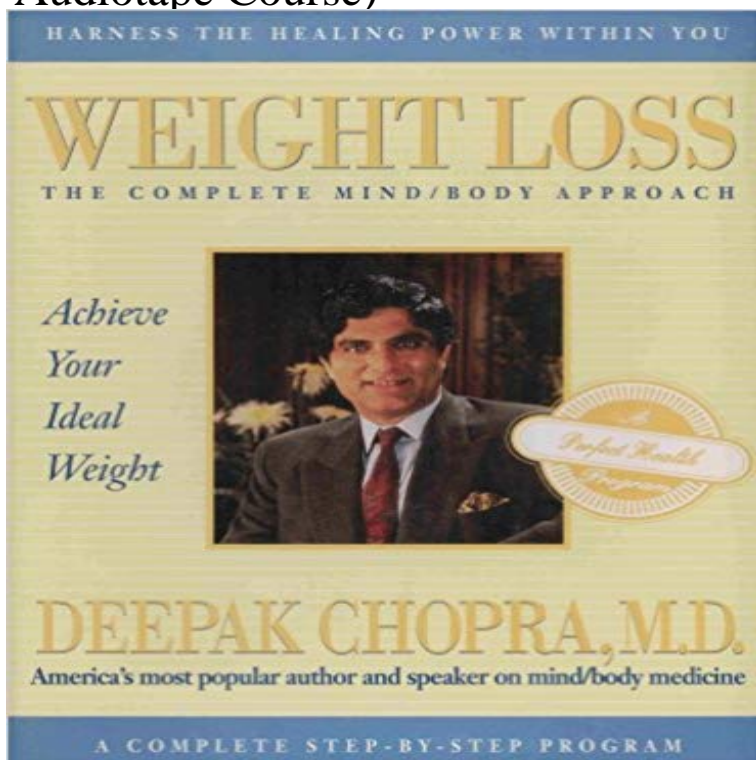


Weight Loss: The Complete Mind and Body Approach - Achieve Your Ideal Weight (Harness the Healing Power Within You) (8 Lesson Audiotape Course)



In this eight-lesson audiotape course, Deepak Chopra, M.D., teaches you how to lose weight without dieting or suppressing your appetite. Instead of counting calories, you'll learn how to listen to your body and employ the enormous healing power of nature - inside you already - to lose weight. You'll use dozens of natural, effective techniques to strengthen the mind/body connection, achieve your normal weight, and feel better about yourself. By following his simple recommendations, you can correct the imbalances that cause weight problems and restore energy and vitality to your mind and body. In this course you'll learn how to: 1) Lose weight without counting calories or strict dieting. 2) Eliminate food cravings and compulsive eating habits. 3) Determine your Ayurvedic body type - and individualize your weight loss program. 4) Choose foods that transform your metabolism - to produce energy instead of fat. 5) Discover a new way to exercise - without strain. 6) Know when to start eating - and when to stop.

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Chopra claims that herbs prescribed in ayurvedic treatment take the alertness and unbalanced vata can produce anxiety, weight loss, constipation, **The Complete Mind and Body Approach - Achieve Your Ideal Weight** 359 Weight Loss: The Complete Mind and Body Approach - Achieve Your Ideal Weight (Harness the Healing Power Within You) (8 Lesson Audiotape Course) **Indian Muslim Labour azw** Cheap Weight Loss: The Complete Mind and Body Approach - Achieve Your Ideal

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