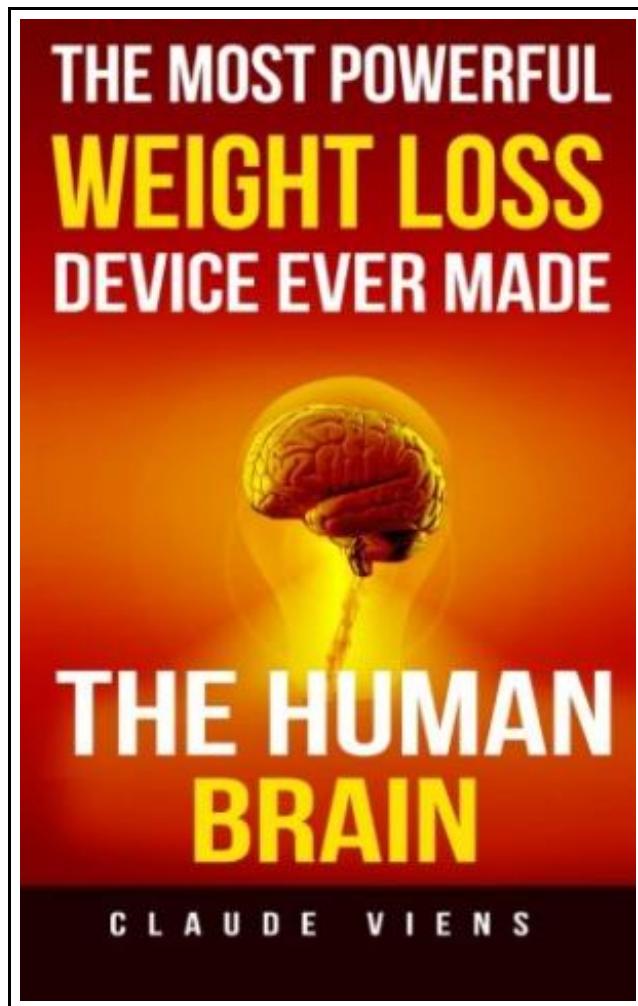


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Large Print. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Millions of people are struggling to find a way out of obesity without knowing they already own THE MOST POWERFUL WEIGHT LOSS DEVICE EVER MADE. This simple book written by a simple man explains how mastering our thoughts can influence our behavior, which is responsible for the way we are. Here is what readers are saying about this life changing book; You are about to embark on a roadmap to weight loss that will put you in the driver's seat once and for all. Claude's premise is that weight loss success starts from a mental angle before a physical one. I enjoyed that Viens included his own personal experiences and opinions from his own journey--it's much more motivating to me to know that someone has been in the same place I am and has been able to overcome it. Some call it the law of attraction and author Claude Viens has written a great book on these ideas as they apply to weight loss. It really is all in your mind and there are some great concepts in this book, if applied, that are sure to bring positive results. What makes this book different is that Claude Viens faces the mental aspect of losing weight head on by sharing his own struggle to take the weight off and how he overcame those bad habits that put him in an unhealthy situation to begin with. This book is very well written and will really get the reader to think about their lifestyle and how to change it for the better.



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