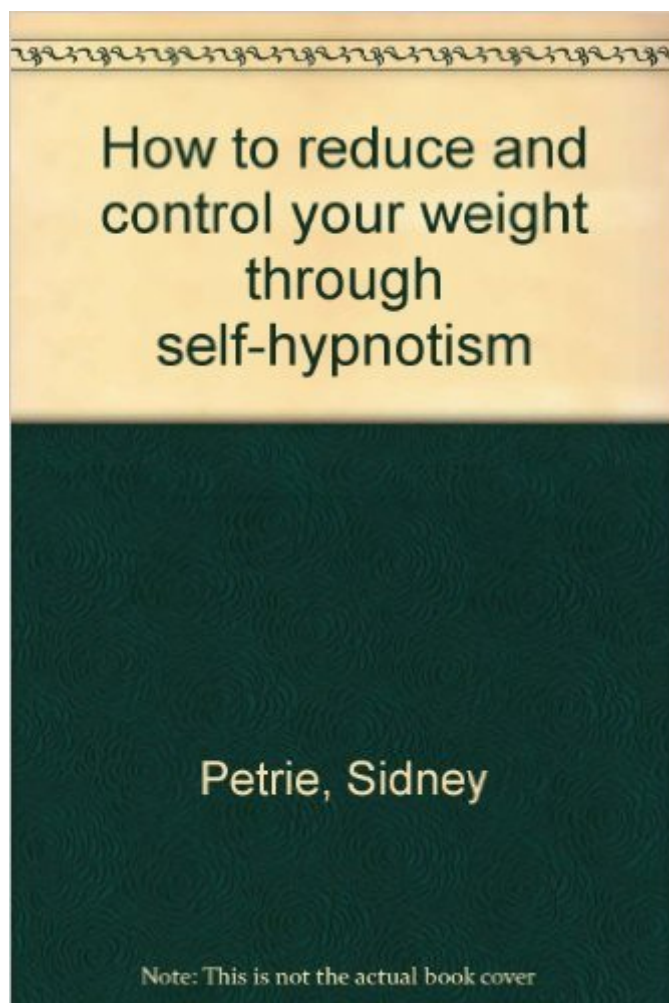


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# How To Reduce And Control Your Weight Through Self-hypnotism



## Book Information

Paperback: 176 pages

Publisher: New American Library (1970)

Language: English

ASIN: B0007DRS6Y

Product Dimensions: 7 x 4.2 x 0.4 inches

Shipping Weight: 1.6 ounces

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

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## Customer Reviews

I purchased a copy of this book many years ago, and before I finished reading it, noticed that certain foods held no interest for me any more. I lost thirty pounds that summer without feeling deprived, and have since purchased several to give to other people. I have just now bought three more copies from to give to others.

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