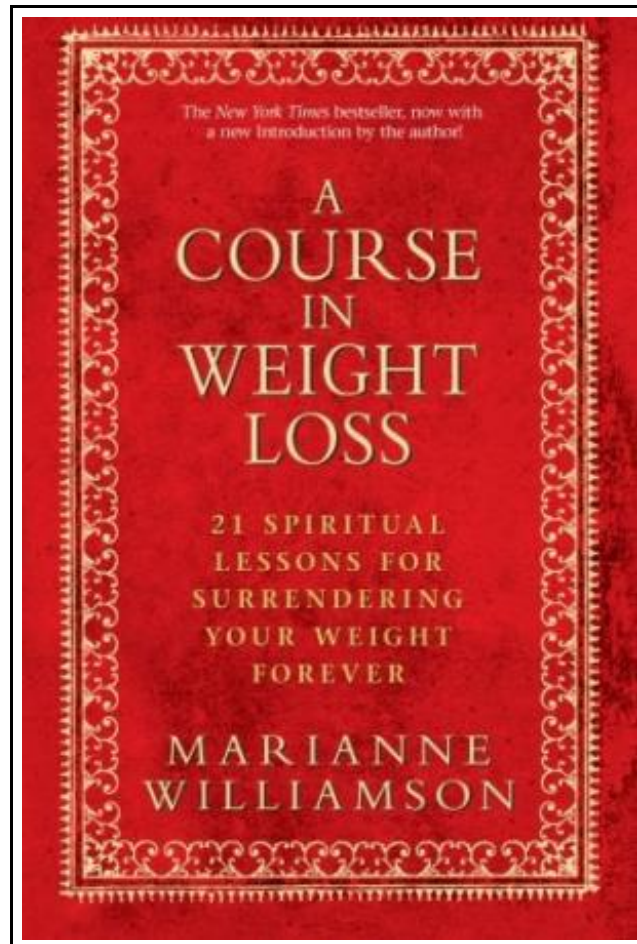


## A Course in Weight Loss: 21 Spiritual Lessons for Surrendering Your Weight Forever



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Hay House. Paperback. Book Condition: New. Paperback. 312 pages. Dimensions: 8.9in. x 6.0in. x 0.8in. If your weighty thinking does not change, then even if you lose weight you'll retain an overwhelming subconscious urge to gain it back. It's less important how quickly you lose weight, and more important how holistically you lose weight; you want your mind, your emotions, and your body to all lose weight. Weight that disappears from your body but not from your soul is simply recycling outward for a while but is almost certain to return. Its self-defeating, therefore, to struggle to drop excess weight unless you are also willing to drop the thought-forms that initially produced it and now hold it in place. - Marianne Williamson What is the connection between spirituality and weight loss? Best-selling author Marianne Williamson is about to answer that question for you in her groundbreaking new book, bringing you 21 spiritual lessons to help you surrender your weight forever. These lessons form a holistic paradigm for weight loss, addressing the spiritual, emotional, and psychological elements involved in what Williamson refers to as conscious weight loss. If you are a food addict, a compulsive eater, or someone who for any reason sees food as the enemy, this book is for you. **A Course in Weight Loss** addresses the true causal root of your weight-loss issues: a place within you where you have forgotten your divine perfection. This forgetfulness has confused not only your mind but also your body, making you reach for that which cannot sustain you . . . and reject that which does. As your mind reclaims its spiritual intelligence, your body will reclaim its natural intelligence as well. The 21 lessons in this book will take you on a deep, sacred journey. One step at a time, you will learn to...



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