



Un Curso Para Perder Peso: 21 Lecciones Espirituales Para Olvidar el Sobrepeso Para Siempre

By Marianne Williamson

Hay House. Paperback. Book Condition: New. Paperback. 299 pages. Dimensions: 8.9in. x 5.9in. x 0.9in. 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. It's 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...



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