



Love Hunger Weight-Loss Workbook ~ A 12 week life plan for the body, mind, and soul

Dr. Frank Minirth

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"Compulsive overeating is a complex and pervasive problem," say the doctors at the world-renowned Minirth-Meier Clinic. "A one-dimensional approach to weight loss has rarely worked because different people are overweight for different reasons, and most people have several factors feeding their obesity problems."

Love Hunger Weight-Loss Workbook's multifaceted approach will help you develop lifelong lifestyle changes. In this workbook, the doctors of the Minirth-Meier Clinic have explored every possible weight-loss aid and provide daily sections for the body, mind, *and* soul.

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