

The Thin Books: Daily Strategies & Meditations for Fat-Free, Guilt-Free, Binge-Free Living - Revised and Updated Version


By Jeane Westin


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For years, *The Thin Book* and *The Thin Book 2* have provided readers working on weight loss with inspiring messages to boost their sagging motivation. Now, readers can find both helpful resources in one compact, comprehensive guide. The first part is a topical guide to thin living that includes effective strategies and action plans for success. The second part includes 366 daily readings to help readers build their self-esteem with positive thinking, positive feelings, and positive doing. Readers can use this book every day to enhance their total weight loss program.

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Editorial Review

About the Author

Jeane Eddy Westin is a contributor for the following Hazelden Title: *The Thin Books*

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