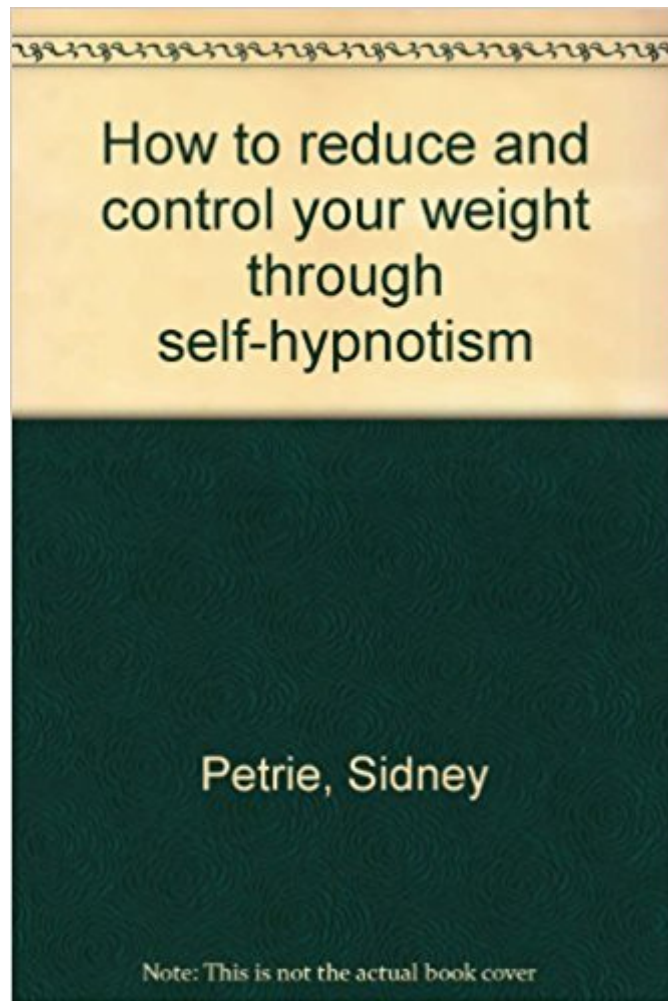


The book was found

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 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #10,898,260 in Books (See Top 100 in Books) #94 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Hypnosis for Diets](#)

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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