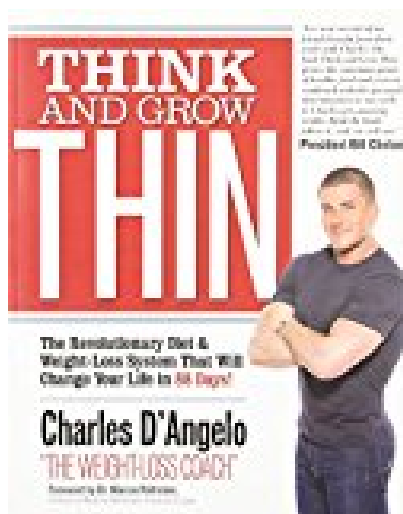


# Think and Grow Thin The Revolutionary Diet and Weight-loss System That Will Change Your Life in 88 Days!

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## BOOK DETAILS

- Author : Charles DAngelo
- Pages : 288 Pages
- Publisher : Charles DAngelo Publishing
- Language : English
- ISBN : 1552100995

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## **BOOK SYNOPSIS**

A guide to weight loss focuses on the mind-muscle connection to reveal strategies and food behaviors intended to alter the dieting mindset, and also features recipes and success stories.

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