



Spiritual Weight Loss - An Introduction to Spiritual Weight Loss: Spiritual Approach To Weight Loss With Mindset & Thought Without Dieting, Exercise For ... (Spiritual Weight Loss Series Book 1)

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Spiritual Weight Loss - An Introduction to Spiritual Weight Loss.

If you have tried everything to lose weight and nothing has worked then its time for you to try the only true solution ... Spiritual Weight Loss. In an Introduction to Spiritual Weight Loss you will discover that the only way to lose weight and have it last is from the inside out.

You already know that Diets Don't Work through experience. In fact repeated dieting over time actually leads to weight gain rather than weight loss. So dieting is not the answer.

What then is the answer to you losing weight and keeping it off? Well the truth is you already know exactly what you need to do to lose weight right now. The problem is getting yourself to do what you know. You already know if you stop eating foods that are bad for you, and start eating foods provided by nature, and move more then the Infinite Intelligence within every cell of your body will return you to your ideal weight and optimal health.

Knowing what to do is not the problem ... its getting yourself to follow what you already know instinctively you should be doing for good health that is the key.

So why do we struggle with doing what we know we should do to lose weight and maintain optimal health? It's because we struggle with the spiritual essence of who we are and we have programmed ourselves over time to see ourselves as fat, sick and sad.

In an Introduction to Spiritual Weight Loss I introduce you to spiritual truths and spiritual laws that will help set you free for life from the burden of carrying too much weight. When you live in accordance with these spiritual truths and spiritual laws your body, through its Infinite Intelligence, will lose all the weight you need to.

Also you will learn a simple five step daily plan you can follow to change your self concept internally which will soon be reflected in your outside reality.

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