



Think And Grow Thin

Thyra Samter Winslow

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There is only one cause for overweight: overeating! The causes for overeating are legion; and the identification of the reason why you continually cram more food than you need into your stomach is a prime requisite for the "cure" of obesity. This groundbreaking book represents an unprecedented advance in the struggle against the eternal problem of obesity. The author has set herself the task of acquainting overweight readers with the known facts concerning their situation; why they are overweight, why this excess poundage is dangerous, why it is really never too late to cast off the superfluous tissue, and lastly, how to achieve the desired reduction in a safe and sane fashion. In discussing obesity, the author steers clear of the temptation to discourse concerning constipation, fatigue, faddist diets, etc. She means the text to apply only to the reader interested in losing weight. She makes one point quite clear; the obese person must watch his or her diet from now and forevermore. This is a simple truism and yet is as necessary as telling a reclaimed alcoholic that in the future he cannot imbibe with impunity from the cup that cheers. The question is, how much do you want to be slim?

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Quentin Taylor:

Spent a free time and energy to be fun activity to perform! A lot of people spent their spare time with their family, or their own friends. Usually they performing activity like watching television, about to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Could possibly be reading a book may be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the e-book untitled Think And Grow Thin can be good book to read. May be it is usually best activity to you.

Jenna Quintana:

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