



The Ultimate Weight Solution: The 7 Keys to Weight Loss Freedom by McGraw, Dr. Phil (2003) Audio CD

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The Ultimate Weight Solution is an audiobook that is the product of 30 years of working with overweight patients and figuring out what really works. Giving you the real tools to permanent weight loss will change your life and its quality. Permanent weight loss is about changing many things in your life, and the The Ultimate Weight Solution will help you do just that: change yourself, change the way you think about dieting, change the way you think about food, change the way you think about your health. The seven keys that are in this audiobook will open doors to a new life for you.

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