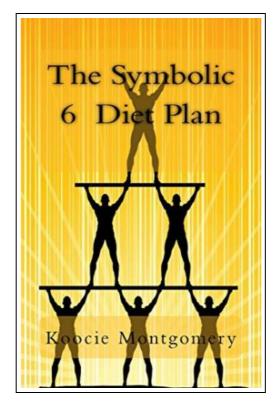
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Reviews

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(Prof. Nelson Farrell MD)

THE SYMBOLIC 6 DIET PLAN: WELLNESS TO THE MIND, BODY, SOUL, AND SPIRIT (PAPERBACK)



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Createspace, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****.Losing our self-image is one of the worst feelings that you could ever experience. This book reveals the secrets of how to deal with mental, physical, spiritual, emotional and mental woes to ensure that you get exactly what you want, need and deserve out of The Symbolic 6 Diet Plan. Applying Biblical Principles is the best way to gain control over our lives, and to learn the difference between being healthy and being overweight. If the truth be told, we will always find ourselves talking about living a healthy lifestyle, but why do we often make it such a hard task when it s just a choice away, or better yet, one prayer away? Well, The Symbolic 6 Diet Plan has the answers that we have been waiting for. There are 4 reasons that we specialize in why we are overweight, underweight, unhealthy, or sick. They are: 1.What we are eating 2.What s eating us 3.Malnutrition 4.Hormonal Imbalance If we take a moment to reflect on our failed diet plans, we will find that it has been our perception of our ideal weight, and the lack of prayer that has caused the most problems. I know about this all too well, and it s my reasonable service to share The Symbolic 6 Diet Plan with those who are looking to lose the weight once and for all.



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