



The Main Meal: The New Perspective On Weight Loss

Betty Brink

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Discover how you can get off the diet merry-go-round, sparkle with vital energy, feel GOOD about yourself, and live the life that makes you happy. For years I struggled with my weight until I realized that food and my body were not my enemies. I figured out how to change my thinking - and my feelings - about food initially, and eventually about my body and myself. Now I'm a happy, healthy, well-adjusted woman. I'm just the right size and I'm at my perfect weight. At last, I'm ready to share my weight loss insights with you, so you'll NEVER struggle with a diet again!

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