



A Course in Weight Loss: 21 Spiritual Lessons for Surrendering Your Weight Forever

Marianne Williamson

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"If your 'weighty thinking' does not change, then even if you lose weight you'll retain an overwhelming subconscious urge to gain it back. It's less important how quickly you lose weight, and more important how holistically you lose weight; you want your mind, your emotions, and your body to all 'lose weight.' Weight that disappears from your body but not from your soul is simply recycling outward for a while

but is almost certain to return. It's self-defeating, therefore, to struggle to drop excess weight unless you are also willing to drop the thought-forms that initially produced it and now hold it in place."

- **Marianne Williamson**

What is the connection between spirituality and weight loss? Best-selling author **Marianne Williamson** is about to answer that question for you in her groundbreaking new book, bringing you 21 spiritual lessons to help you surrender your weight forever. These lessons form a holistic paradigm for weight loss, addressing the spiritual, emotional, and psychological elements involved in what Williamson refers to as "conscious weight loss." If you are a food addict, a compulsive eater, or someone who for any reason sees food as the enemy, this book is for you.

A Course in Weight Loss addresses the true causal root of your weight-loss issues: a place within you where you have forgotten your divine perfection. This forgetfulness has confused not only your mind but also your body, making you reach for that which cannot sustain you . . . and reject that which does. As your mind reclaims its spiritual intelligence, your body will reclaim its natural intelligence as well.

The 21 lessons in this book will take you on a deep, sacred journey. One step at a time, you will learn to shift your relationship with yourself-and your body-from one of fear to one of love. And you will begin to integrate the various parts of yourself-mind, body, and spirit-to become, once again, and in all ways, the beautiful and peaceful person you were created to be.

As Williamson writes: "When it comes to your enjoyment of eating, your best days are not behind you but ahead of you!" So get ready to begin a new relationship with food . . . and with yourself.

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Donnie Matthews:

This A Course in Weight Loss: 21 Spiritual Lessons for Surrendering Your Weight Forever book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is actually information inside this publication incredible fresh, you will get data which is getting deeper you actually read a lot of information you will get. This particular A Course in Weight Loss: 21 Spiritual Lessons for Surrendering Your Weight Forever without we realize teach the one who looking at it become critical in considering and analyzing. Don't be worry A Course in Weight Loss: 21 Spiritual Lessons for Surrendering Your Weight Forever can bring any time you are and not make your bag space or bookshelves' turn out to be full because you can have it in your lovely laptop even phone. This A Course in Weight Loss: 21 Spiritual Lessons for Surrendering Your Weight Forever having excellent arrangement in word and layout, so you will not truly feel uninterested in reading.

Jessica Rodriguez:

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Julie Slocum:

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