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The Only Diet There Is

SONDRA RAY shares her spiritual journey in popular seminars and lectures the world over. She is the author of more than a dozen books, including Loving Relationships , I Deserve Love, and The Only Diet There Is. She currently lives in Hawthorne, California.

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The Only Diet There Is by Sondra Ray is quite a different book. This is basically another LOA read about weight and body image. The author explains that our way of thinking about ourselves is of the utmost importance when it comes to reaching and maintaining our ideal weight.

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About The Only Diet There Is Here is a book to change your life. It is a method for losing weight through positive thinking and the changing of attitudes toward life and food.

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The only diet there is — First published in 1981 Subjects Behavior modification , Psychological aspects , Psychological aspects of Weight loss , Self-actualization (Psychology) , Weight loss

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“Although most groups are not strict vegetarians, they only tend to eat ...

What Is the Blue Zone Diet? | U.S. News

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