



Weight Loss for the Mind

By Stuart Wilde

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Stuart shows how many of the opinions in our society that cause us anguish can be released through some psychological and spiritual understanding. He reveals the techniques that can help liberate you from the perceptions of others and , thus, set you FREE!

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Editorial Review

About the Author

Stuart Wilde has written 16 previous books and it's his perceptive and quirky way of writing that has won him a loyal readership over the years. He has also had a lasting effect on the New Age movement. Over a period of 20 years, he has come to be known as "the teacher's teacher" because of the influence he's had on other writers and lecturers in the field.

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