



The Thin Connection Martin Schiff, M.D.

- **Hidden Reasons for The Overweight Condition**
- **How to Lose Unwanted Pounds Effortlessly**
- **Eating for A Full Belly and A Slender Profile**
- **The One Food That Guarantees Success**
- **Wiring Yourself for Shedding Unwanted Pounds**
- **Pitfalls That Occur and How To Prevent Them**
- **Programming Yourself for Slenderizing Success**
- **Beginning to Shed Extra Baggage With Ease**
- **The Amazing Reducing Power of Your Self Image**
- **How Confession Helps You Grow Thin**

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