

LOSING YOUR POUNDS OF PAIN%0A

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First, they had to lose their pain, then the weight would follow. Based on this principle, this book uses visualization, affirmations, imagery, meditation, healthy eating recommendations and exercise routines to break the connection between emotional pain and over-eating.

[Losing Your Pounds of Pain by Doreen Virtue - Goodreads](#)

To ask other readers questions about Losing Your Pounds of Pain, please sign up. Be the first to ask a question about Losing Your Pounds of Pain This book changed my life and helped me acknowledge my past hidden pain and how I was using food to continue the silent torture of myself without knowing

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Losing your Pounds of Pain will also more than likely make you look at those that are overweight in a completely different light. Those that have been through enormous amounts of pain in their life/awful experiences normally struggle with weight gain. It's not necessarily just the food that they are eating. This is why some people could eat junk food all day and stay small, but others gain

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[A 7-Step Plan to Lose 10 Pounds in Just One Week - Healthline](#)

You can lose several pounds by following a low-carb diet for just a few days. In fact, lots of research has shown a low-carb diet is a very effective way to lose weight and improve health (5, 6, 7).

[Losing Your Pounds of Pain](#)

Japanese Method That Will ELIMINATE YOUR BACK PAIN AND LOSE WEIGHT QUICKLY In A Few Days!! Phillip lost 70 pounds, living without pain, thanks Harvey Diamond - Duration: 3:34

[Losing Your Pounds Of Pain By Doreen Virtue](#)

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