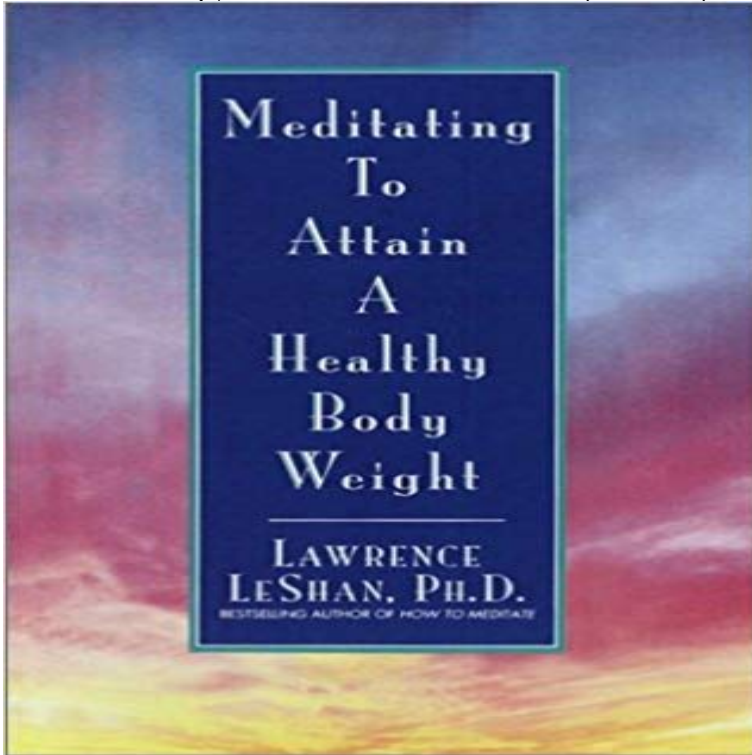


## Meditating to Attain a Healthy Body Weight



A pioneering expert in mind/body health--and the bestselling author of How to Meditate--has created a simple but powerful meditation program that can make the crucial difference in losing weight--and in maintaining new, healthier habits.

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