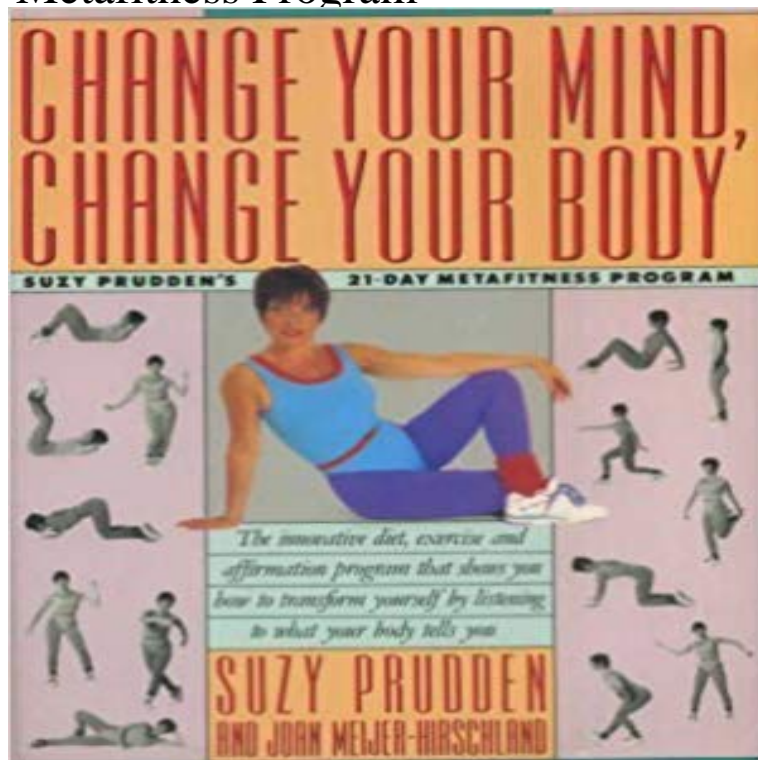


## Change Your Mind, Change Your Body: Suzy Pruddens 21-Day Metafitness Program



Offering neither a quick fix diet nor a do or die exercise programme, this book deals not with the symptoms of being overweight or out of condition, but with the causes, many of which derive from poor self-esteem. In doing so, it aims to help people with other types of changes which they are attempting to make in their lives. Among the intended benefits are permanent weight-loss, good health, improved habits, positive thinking, improved understanding of the body's messages, release from the victim syndrome, and awareness that negative thoughts are not real.

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