



# The Only Diet There Is

By Sondra Ray

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**Here is a book to change your life. It is a method for losing weight through positive thinking and the changing of attitudes toward life and food.**

"This, of course, is no ordinary 'diet' book...This is an extraordinary approach to weight loss--a diet of forgiveness, a fast from negative thought--and if followed one can achieve bodily perfection. The theory is simple. Though we might think it is our negative eating habits that have kept us unattractive and unhealthy, it is really our negative thoughts and feelings. It is the latter we must change for that is what is aging and killing us. If we do...we drop our fat as well, for the same mechanism that holds on to negative thoughts and feelings holds on to fat." -- from the Preface

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## **The Only Diet There Is** By Sondra Ray Bibliography

- Sales Rank: #52203 in Books
- Published on: 1987-11-01
- Released on: 1987-11-01
- Original language: English
- Number of items: 1
- Dimensions: 8.47" h x .37" w x 5.46" l, .44 pounds
- Binding: Paperback
- 156 pages

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## **Editorial Review**

### About the Author

SONDRA RAY shares her spiritual journey in popular seminars and lectures the world over. She is the author of more than a dozen books, including *Loving Relationships*, *I Deserve Love*, and *The Only Diet There Is*. She currently lives in Hawthorne, California.

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