

"In order to change our self-destructive behaviors, we need to go deeper, to what underlies our behavior. Victoria Moran shows us how."—DEAN CRNESSE, M.D.

LOVE *Yourself* THIN

The Revolutionary
Spiritual Approach
to Weight Loss



VICTORIA MORAN
author of *Get the Fat Out*

Love Yourself Thin The Revolutionary Spiritual Approach To Weight Loss

Puja Mehta



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