

"This is a wonderful book, practical and full of helpful ideas and insights you can use to achieve maximum health and "thinness" – for the rest of your life."

—Brian Tracy, Author, *Change Your Thinking Change Your Life*

# *Mind Over Platter®*

**Train Your Brain To Think Thin!**



Learn how to  
use the power of  
your mind to manifest  
a healthy, happy  
mind, body and soul

**"COACH ROSA" SMITH-MONTANARO**

# Mind Over Platter

**Jin-Ying Zhang**



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