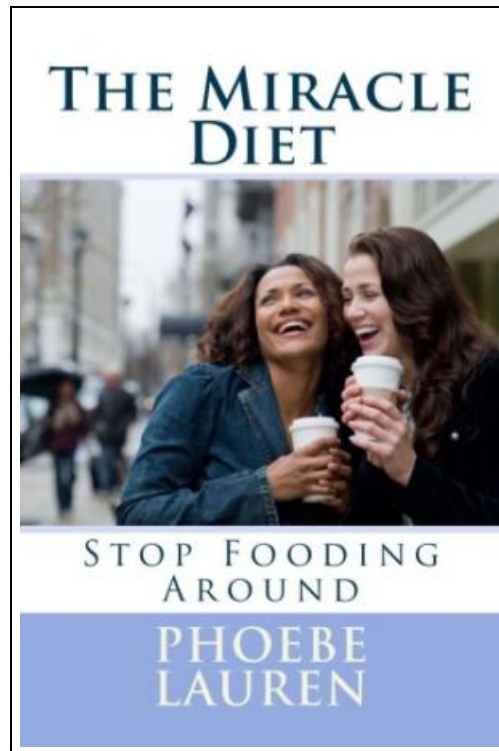


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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this book, you will discover the Miracle Diet - how to have more positive thoughts about yourself and others, how to stop carrying around the excess baggage of your unforgiven past, and how to look upon yourself with grace, appreciation, and love. You may lose weight and you may not, but that is irrelevant. What s important is that you have clarity of mind and let go of the toxic waste that the media and everyone else has been feeding you. Really would you rather be a faultfinder or a love finder? This shift in perception is what makes this diet a miracle. Self-acceptance, forgiveness, a shift in perception, affirming the good in yourself and others - these are the things you ll find in this book. A steady diet of positive thought will do you more good than any diet ever will. You will not hear about what to eat or what to eliminate in your diet. The absolutely best thing about the Miracle Diet is that you will never have to eliminate any foods, although you may want to eliminate some of your thoughts and feelings. If you want to be beautiful, then think wonderful thoughts. If you want to love yourself, then forgive those you believe have harmed you. If you want to be thought of as a loving person, then be loving. The author guarantees that you will feel better about yourself and more beautiful when you finish reading this book.

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