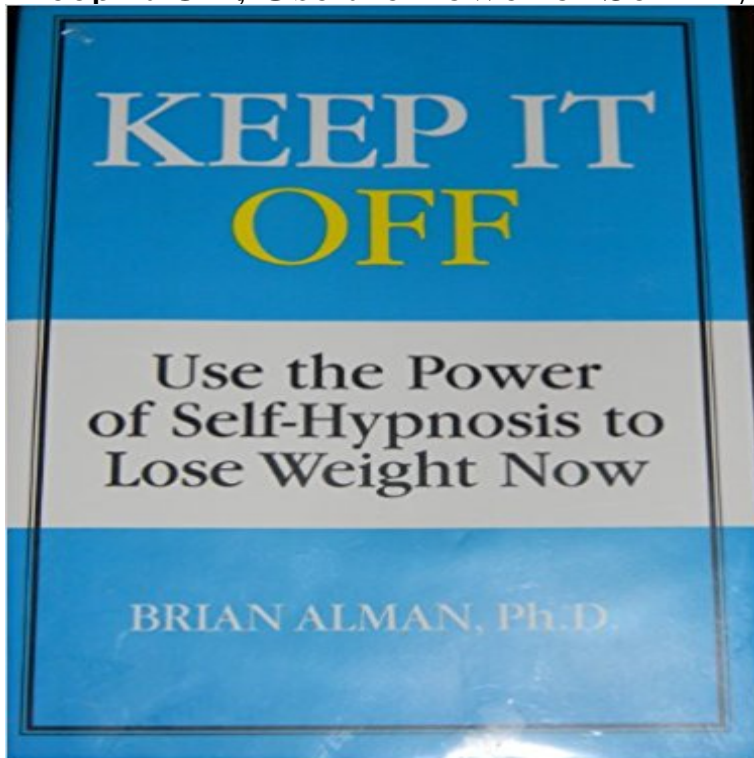


Keep It Off, Use the Power of Self-Hypnosis to Lose Weight Now



Brian Alman holds a PH.D. in clinical psychology and has been in private practice for twenty five years. His previous books, Self-Hypnosis, Thin Meditations, The Six Steps to Freedom and A Clinical Hypnosis Primer, have sold more than 235,000 copies combined. - In factory packaging

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