



# Lose Your Thighs! And Your Legs Will Fall Off

*Rebecca Barnard*

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## **Lose Your Thighs! And Your Legs Will Fall Off** Rebecca Barnard

A Sassy Yet Practical Guide To Permanent Weight Control. Travel With Rebecca As She Pontificates, Nurtures And Educates You About How It's Okay To Love Eating - And Why We Don't All Need To Be A Size 2. Learn How To Reprogram Your Unconscious Desires And Make Weight Release Happen Automatically - Without Diets Or Pills. Learn About Limbaslim - The Guided Olfactory Meditation That Retrains Your Brain To Feed Your Body Right - And About Eating Close To The Earth - A New Way Of Thinking About Food That Makes Peace With Your Appetite. You Will Laugh - And Maybe Cry - As You Learn About Yourself And The Folly That Is (Sometimes) Weight Loss In America. (Also Visit [Limbaslim.Com](http://Limbaslim.Com))

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