



# **A Course in Weight Loss: 21 Spiritual Lessons for Surrendering Your Weight Forever**

*Marianne Williamson*

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# A Course in Weight Loss: 21 Spiritual Lessons for Surrendering Your Weight Forever

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If you are plagued by compulsive patterns of unwise eating, then this book is for you. *In A Course in Weight Loss*, best-selling author **Marianne Williamson** addresses the causal root of your weight-loss issues: a place within you where you have subconsciously forgotten your divine perfection. This forgetfulness has confused not only your mind but also your body, making you reach for that which cannot sustain you . . . and reject that which does. As your mind reclaims its spiritual intelligence, your body reclaims its natural intelligence as well. The 21 lessons in this book take you on a deep, sacred journey. One step at a time, you learn to shift your relationship with yourself—and your body—from one of fear to one of love. And you will begin to integrate the various parts of yourself—mind, body, and spirit—to become, once again, and in all ways, the beautiful and peaceful person you were created to be.

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