



The Anderson Method - The Secret to Permanent Weight Loss

William Anderson

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In this book you'll learn the unique method for permanent weight loss that is spreading all over the world, heralded by doctors as "revolutionary", "better than medications or weight loss surgery", "profoundly practical" and "better than any other systematic approach", described by clients as "a miracle". *The Anderson Method* was developed by Licensed Behavioral Therapist William Anderson, who had been an overweight dieting failure for 25 years before he found this answer and lost 140 pounds permanently. He has maintained an ideal 180 pounds for 30 years now. He has helped thousands to succeed with permanent weight loss in his private practice, teaches other therapists how to duplicate his success, and now explains how it works in this easy-to-read self-help book.

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