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Noel McGrath is the author of 16 published books, including 2 top ten best-sellers. Noel McGrath's latest release, 'The Real Reason You're Overweight', examines the psychological, metaphysical, sociological and scientific reasons for weight gain.

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The Real Reason You're Overweight by Noel McGrath

The Real Reason You're Overweight approaches the obesity epidemic from a completely different perspective. Rather than focusing on food diet, it promotes a 'diet of the mind' The book details the psychological, sociological and metaphysical reasons for weight gain and includes a simple program for resolving these issues.

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The Real Reason You're Overweight approaches the obesity epidemic from a completely different perspective. Rather than focusing on food diet, it promotes a 'diet of the mind' The book details the psychological, sociological and metaphysical reasons for weight gain and includes a simple program for resolving these issues. Overeating is how we put on weight, The Real Reason You're Overweight

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Noel McGrath is the author of 16 published books, including 2 top ten best-sellers.

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About the Author Noel McGrath The Real Reason You're

Noel McGrath's latest release, 'The Real Reason You're Overweight', examines the psychological, metaphysical, sociological and scientific reasons for weight gain. It is based, in part, on principles outlined in his earlier books such as 'Respect Yourself' (1990) but also utilises the very latest

research. 'The Real Reason You're Overweight' is Noel's 16th release.

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Overeating is how we put on weight, The Real Reason You're Overweight explains why we put on weight. About the Author:Noel McGrath is the author of 16 published books (including 2 top ten best-sellers). He has over 30 years experience as a researcher and writer specialising in the field of attitude and perception. Noel has worked on radio and television and was the Communications Manager for

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