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## SKINNY ZEN (PAPERBACK)



Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. When walking, walk. When eating, eat. Zen proverb Think happy, think skinny, think SKINNY ZEN. Slow down, focus, take a deep, mindful breath, and learn strategies for your body's particular needs. Everyday diet books set a negative vibe when it comes to weight loss management. They even set negative goals for you! SKINNY ZEN shows you...

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- Authored by Jan Holmes Frost
- Released at 2015

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