

## **Dink Slank, Word Slank (Afrikaans Edition)**

Jorgan Harris



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Moeg vir skale, maatbande, uitmergelende oefening en uithonger-diëte? Moeg vir die stryd om gewig te verloor, net om dit weer op te tel? Hierdie boek beloof nie 'n wonder-dieet waarvan jy nog nooit gehoor het nie en spoor jou ook nie aan om by jou naaste gimnasium aan te sluit nie. In Dink Slank, Word Slank word die leser wel aangespoor om sy of haar denke geheel en al te vernuwe en te laat gaan van lewenskwessies wat in die pad van 'n gesonde leefstyl en liggaamsgewig staan. Verander jou denke deur hipnose en vergeet van dieet , jouself uithonger en kalorieë tel. Werk deur jou lewenskwessies, leef passievol en verander só jou strewe na 'n slank liggaam. Met gratis aflaaibare snitte ingesluit is dit ook moontlik om hipnose prakties toe te pas en só aan jou denkwyse te begin skaaf sodat jy ook sielvol slank kan wees.

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