



# **Perfect Weight: The Complete Mind/Body Program for Achieving and Maintaining Your Ideal Weight (Perfect Health Library)**

*Deepak Chopra MD*

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You can achieve your ideal weight without counting calories. In this concise and reliable program, Deepak Chopra, M.D., the world's leading proponent of mind-body medicine, teaches you how to recognize your individual body type and use the enormous healing power of nature--present in every living cell--to make eating the source of health and vigor it is meant to be.

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