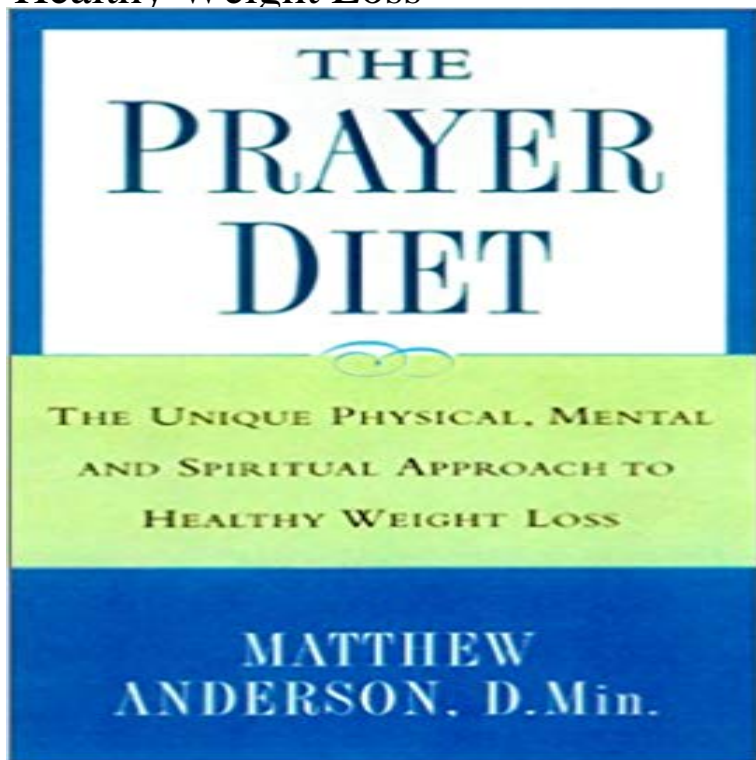


# The Prayer Diet: The Unique Physical, Mental, and Spiritual Approach to Healthy Weight Loss



The Prayer Diet is the unique physical, mental, and spiritual approach to healthy weight loss. In the fast-reading chapters in the prayer Diet, Dr. Anderson will answer all of your questions and provide encouragement as you slim down. He also includes a prayer maintenance program, to keep you from ever regaining the pounds you shed. And you'll discover that prayer can and will bring more than a lighter body. The Dieters Prayer will connect you to your spiritual source. It will change you in ways you could never have predicted. Expect it, and enjoy it-along with a slimmer, healthier, happier you.

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