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HEALTH & WELLNESS



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**April 28th 2010: Can you Think Thin to Live Thin?**

It's time to lose weight for life. If you want to find out the how to adopt cognitive strategies to think yourself thin, then you will want to tune in this week as Kelly Stallings who is a licensed psychotherapist explains just how to do so. Kelly has successfully used these techniques for thousands of clients. You can learn these easy to use techniques to Think Thin to Live Thin! This interview will change the way you think about eating, exercise and your body. Thinking thin is no mystery; it has simply been overlooked in the presence of the food pyramid and exercise recommendation

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### Featured Guest



#### Kelly Stallings

Kelly Stallings is a licensed psychotherapist and the author of Life is Mental: Think Thin to Live Thin, the simple solution for addressing the mental aspect of weight loss.

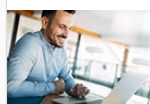
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