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About the Author SONDRAY shares her spiritual journey in popular seminars and lectures the world over. She is the author of more than a dozen books, including Loving Relationships, I Deserve Love, and The Only Diet There Is. She currently lives in Hawthorne, California.

The Only Diet There is: Amazon.co.uk: Sondra Ray, Fred ...

The Only Diet There Is by Sondra Ray is quite a different book. This is basically another LOA read about weight and body image. The author explains that our way of thinking about ourselves is of the utmost importance when it comes to reaching and maintaining our ideal weight.

The Only Diet There Is by Sondra Ray - Goodreads

The Only Diet There Is: Author: Sondra Ray: Publisher: Celestial Arts, 1981: ISBN: 0890873216, 9780890873212: Length: 155 pages: Subjects

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The Only Diet There Is Weight. July 7, 2009 July 5, 2009 lesleehorner 6 Comments. My weight has been something I have obsessed about almost my whole life. I remember being like 10-years-old and noticing (as I sat next to another girl) the way my thighs spread out in the chair much further than hers did.

The Only Diet There Is - Waiting for the Click

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The Only Diet There Is - hydro.ou.edu

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