



# **The Half-Diet Diet: The Guaranteed Weight-Loss Program that Reboots Your Body, Mind, and Spirit for a Happier Life**

*Richard Eyre*

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## The Half-Diet Diet: The Guaranteed Weight-Loss Program that Reboots Your Body, Mind, and Spirit for a Happier Life Richard Eyre

*The Half-Diet Diet* is an accessible and universal weight-loss program. Rather than focusing on convoluted and challenging diets, Richard Eyre, bestselling author of *Teaching Your Children Values* and *The Turning*, provides a simpler way to control your appetite and lose weight forever:

- Level One: The Physical Diet—Learn what your body really needs and how controlling your appetite is about more than physical strength.
- Level Two: The Mental Diet—Learn to live more fully at half speed and strengthen your mind to be master of your body.
- Level Three: The Spiritual Diet—Connect to your body and mind through greater spirit balance.

More than just a weight-loss program, *The Half-Diet Diet* helps you meet your weight-loss goals by taming your physical, mental, and spiritual appetites. The most complete diet book to date, *The Half-Diet Diet* is guaranteed to improve your body, mind, and spirit!

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