

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

Deepak Chopra



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

One of the two launch titles in the Perfect Health Library series by bestselling author Dr. Deepak Chopra, Perfect Weight focuses on Ayurveda, the ancient Indian science of life, to help readers conquer their weight problems.

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