

# **24/7 Appetite Suppressant: Real Way to Lose**

## **Weight**

*By Mark Rist*

### **Chapter/page(s)**

**Introduction- 1**

**What Causes you to be Overweight- 2**

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**\*I recommend reading through this at least 2-3 times. There is a lot of very useful and powerful information throughout this eBook. I made this eBook specifically to be short in length and get right to the point; condensed, concise, and packed full of powerful information.**

**\*Most people will notice it work in a short period of time, others it should work over time.**

## **Introduction**

### *A little about myself...*

My name is Mark and I've been familiarizing myself with the human mind and the unconscious mind for the last four years or so. I've spent 1,000's of hours studying and researching the human mind but more in particular the unconscious mind. I have a passion for learning as much as I can about humans and the human mind. As part of my studies per se, I have read several books by Dr. John Sarno (for those unfamiliar with him, look him up), two books by Dr. Sigmund Freud, and have been using my own healing system on myself for the greater part of three years. I had pain and other symptoms which led me to Dr. Sarno's discoveries and books, and I was amazed at how truthful it was. It really does work for the majority of people who give it a try and really commit themselves to it, but for me I needed something more. So I developed my own system of healing the human body using what I learned from Dr. Sarno, Dr. Freud, and from my own trials and errors on myself and others. I suggest that anybody looking for the real way to lose weight and to keep it off successfully to really give this a try. It has worked wonders for myself and others and it will work wonders for you too. There are no tricks here; it's what is really going on. It is part of the human condition and how human beings are. Do what the program requires and you will finally lose all the weight you desire and keep it off.

**For the program in its entirety, purchase on [realwayloseweight.com](http://realwayloseweight.com).**