

Mind Over Platter

By Rosa Smith-Montanaro



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Rosa Smith-Montanaro is a Virtual Wellness and Weight Loss Coach, and the award-winning creator of the Mind Over Platter program.

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Mind Over Platter by Smith-Montanaro, Rosa [Paperback] from CdsBooksDvds.com -

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to the work I do with Mind Over Platter. The healing process and ongoing improvement is attributed to what I like to call The M & M diet. Rosa Smith-Montanaro
<http://www.democratandchronicle.com/story/lifestyle/her/blogs/community/2015/06/28/the-m-m-diet/29426835/>

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Rosa Smith-Montanaro is the author of Mind Over Platter: Train Your Brain to Think Thin and MindOverPlatter.com, a virtual weight-loss coaching community.
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<http://www.mindoverplatter.com/shop/>

Rosa Smith-Montanaro is your virtual weight loss and wellness coach. She is the author of Mind Over Platter : Train Your Brain to Think Thin and the award-winning
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Rosa Smith-montanaro is the author of Mind Over Platter (5.00 avg rating, 1 rating, 0 reviews, published 2006) http://www.goodreads.com/author/show/1247390.Rosa_Smith_montanaro

Learn about the mind/body connection and weight loss with your virtual weight loss coach and hypnotist Rosa Smith-Montanaro <http://www.ustream.tv/channel/mind-over-platter%3A-think-thin%21>

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