

Mind Over Platter

By Rosa Smith-Montanaro



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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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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

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Rosa Smith-Montanaro's Mind Over Platter System does this and so much more. If you desire to look good and FEEL GREAT!! This system is a must.

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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
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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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