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Clayton Redfield MA Psychology and Counseling

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"Simple and effective."

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Ol' "Doc" Redfield's specialty is behavior therapy. In this book he provides a brilliant solution that can be used to help you lose weight permanently. It will work for people who tend to overindulge in food (or any other behavior) but may not work for those who are struggling with weight gain due to prescription medication side effects.

It is encouraging to know that the mind does have more control over the body than we think."

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