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The Only Diet There Is
SONDRA RAY shares her spiritual journey in popular seminars and lectures the world over. She is the author of more than a dozen books, including Loving Relationships , I Deserve Love, and The Only Diet There Is. She currently lives in Hawthorne, California.

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The Only Diet There Is by Sondra Ray is quite a different book. This is basically another LOA read about weight and body image. The author explains that our way of thinking about ourselves is of the utmost importance when it comes to reaching and maintaining our ideal weight.

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The Only Diet There Is - Sondra Ray Loving Relationships ...
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