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6 Week Mindless Eating Challenge Week 2 Notes Simple

Reading and implementing what I learned from the book Mindless Eating by Brian Wansink was a real turning point in my weight loss journey.. It was the tipping point that led to achieving the peace with food I'd been seeking while maintaining the Weight Watchers goal weight I'd set back in my late 20s. 6-Week Mindless Eating Challenge Background

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The War Against the Chtorr Wikipedia

Cover of the first book in the series, A Matter For Men, second edition.

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You re Not Losing Fat Because You re Eating Too Damn Much

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