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I would recommend this book to anyone who wants the answer as to WHY they over eat. It is the awareness that you eat because you are hungry for what is missing in your life. It is this mindfulness that makes you Stop self-sabotaging behaviors!!!!Yes I have to say that is me jumping up and down, I get it. I get it finally.

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What Are You Hungry For by Deepak Chopra M D

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In her first picture book, TV personality and self-esteem advocate Emme and her husband, Phillip Aronson, celebrate everything you need to feel warm, safe, happy, and satisfied in other words, just right! Sometimes it might be a yummy treat, like pizza, but other times it might be a birthday party or a cuddle with your dog on a rainy afternoon.

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What Are You Hungry For The Chopra Solution to Permanent

If you keep your eye on this, your most basic motivation, then the choices you make come down to a single question: What am I hungry for? Your true desire will lead you in the right direction. False desires lead in the wrong direction. Wherever you are in life, this book will help point you in that right direction. From the Hardcover edition.

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An Excerpt from What Are You Hungry For by Deepak Chopra

In his new book What Are You Hungry For? The Chopra Solution to Permanent Weight Loss, Well-Being, and Lightness of Soul bestselling author Deepak Chopra discusses how overeating is really just a symptom of a much larger problem an inability to find true fulfillment in our lives.

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What Are You Hungry For Lynn Ginsburg Macmillan

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preparing and eating every single meal.

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What Are You Hungry For Audiobook by Deepak Chopra MD

The ultimate guide to inner and outer health, What Are You Hungry For? will change the way you eat forever.

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