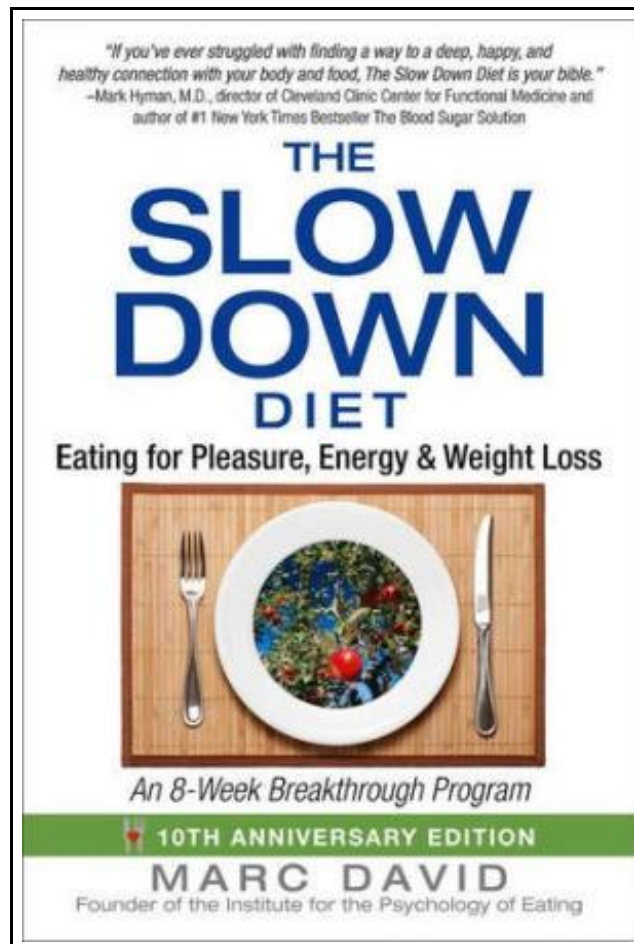


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Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss (10th), Marc David, Our modern culture revolves around fitting as much as possible into the least amount of time. As a result, most people propel themselves through life at a dizzying pace that is contrary to a healthy lifestyle. We eat fast, on the run, and often under stress, not only removing most of the pleasure we might derive from our food and creating digestive upset but also wreaking havoc on our metabolism. Many of us come to the end of a day feeling undernourished, uninspired, and overweight. In this 10th anniversary edition, Marc David presents a new way to understand our relationship to food, focusing on quality and the pleasure of eating to transform and improve metabolism. Citing cutting-edge research on body biochemistry as well as success stories from his own nutritional counseling practice, he shows that we are creatures of body, mind, and spirit and that when we attend to these levels simultaneously we can shed excess pounds, increase energy, and enhance digestion to feel rejuvenated and inspired. He presents an eight-week program that allows readers to explore their unique connection to food, assisting them in letting go of their fears, guilt, and old habits so they can learn to treat their bodies in a dignified and caring way. He reveals the shortcomings of all quick-fix digestive aids and fad diets and debunks common nutrition myths, such as "the right way to lose weight is to eat less and exercise more." He shows instead how to decrease cortisol and other stress hormones and boost metabolic power through proper breathing and nutritional strategies that nourish both the body and soul, proving that fully enjoying each meal is...

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