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21 Days of Eating Mindfully: Your Guide to a Healthy Relationship with Yourself and Food

By Lorrie Jones

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you a prisoner of gaining and losing weight only to become heavier.are your thoughts preoccupied with food issues, guilt, wishing things were different.have you lost hope in becoming healthy and staying healthy.do you believe you will be happier at a lower weight or a smaller dress size? If you re like most women, you spend your days juggling many roles, conflicting commitments and the wants and needs of others. Often you come last, if there s time. The temptation to reach for food as comfort or distraction can be overwhelming, although the issue is rarely about true hunger. More times than not, the underlying force is emotion. Eating emotionally can become a way of life. Following two decades of research and practical experience, disordered eating expert Lorrie Jones developed the 21 Days of Eating Mindfully program, designed to encourage and support you in changing unwanted and unhealthy eating habits by transforming your relationship with yourself. This 21 day journey is not a diet or overnight cure. Rather, it s an opportunity to inquire more deeply within, providing...



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