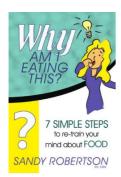
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WHY AM I EATING THIS?



iUniverse, United States, 2009. Paperback. Book Condition: New. 224 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. With a background in nursing, wellness and fitness, Sandy Robertson has been launching behavior change programs in corporate and hospital settings for over twenty-five years. She has counseled hundreds of individuals and conducted weight loss classes for thousands. Her extensive professional experience has revealed that losing weight is significantly impacted by the psychology of eating. Having gone on...

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