



The Eden Diet Workbook: You Can Eat Treats, Enjoy Your Food, and Lose Weight

By Rita M. Hancock

Personalized Fitness Products, LLC. Paperback. Book Condition: New. Paperback. 152 pages. Dimensions: 10.7in. x 8.2in. x 0.6in. (This product is not affiliated with or endorsed in any way by Eden Foods Inc.) The Eden Diet Workbook reinforces and reaffirms the weight loss principles in the main book. It explores the scientific, psychological, emotional, and spiritual aspects of weight loss, and provides practical and useful tools to support the weight loss process. The workbook includes sample prayers, behavior modification skills, tools to identify and overcome the triggers that lead to unnecessary eating, tools for dealing with sabotage, helpful quotations from Scripture, and an endless supply of godly encouragement. Templates are provided for charting success in 30-day blocks and for keeping the food diary when it is indicated. For more information, visit [www. TheEdenDiet. com](http://www.TheEdenDiet.com). This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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