



## Full-Filled The 6-Week Weight-Loss Plan for Changing Your Relationship with Food-and Your Life-from the Inside Out

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By Samantha Rose

Atria Books. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.4in. x 5.5in. x 0.0in. From a leading weight-loss expert, Full-Filled asks the tough questions about our relationship with food such as, Is your diet making you fat and provides an unusual program to satisfy your true cravings and create new healthy habits that will make you slim for a lifetime. With her podcasts (downloaded more than 3 million times), her programs, and seminars, Rene Stephens has helped countless people free themselves from emotional eating to achieve the body and life they've always desired. Now, in Full-Filled, she shares the breakthrough lessons of her popular work in a complete, step-by-step program. An intuitive and easy weight-loss guide, Full-Filled will open the door to bigger transformations in your life. Not only will you drop excess pounds with Rene's expert guidance, you will get to the root of why you eat and you will lose your spiritual weight by identifying why you eat the way you do and finding better ways to satisfy your true hunger without food. Full-Filled's practical steps and easy-to-follow program will permanently change how you think about and behave around food. This item ships from multiple locations. Your book may arrive from...



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