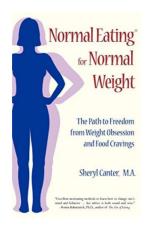
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NORMAL EATING FOR NORMAL WEIGHT: THE PATH TO FREEDOM FROM WEIGHT OBSESSION AND FOOD CRAVINGS



Permutations Software, Inc., United States, 2009. Paperback. Book Condition: New. 201 x 127 mm. Language: English . Brand New Book ****** Print on Demand ******.Normal Eating is a uniquely effective step-by-step program to free people from compulsive urges and emotional eating. It draws from the Zen principle of mindfulness, 12-step wisdom on addiction, intuitive eating (the non-diet approach), cognitive psychology, and solid nutrition. Author Sheryl Canter analyzed the natural recovery process and broke it into stages, with each stage building...

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- Authored by Sheryl Canter
- Released at 2009



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