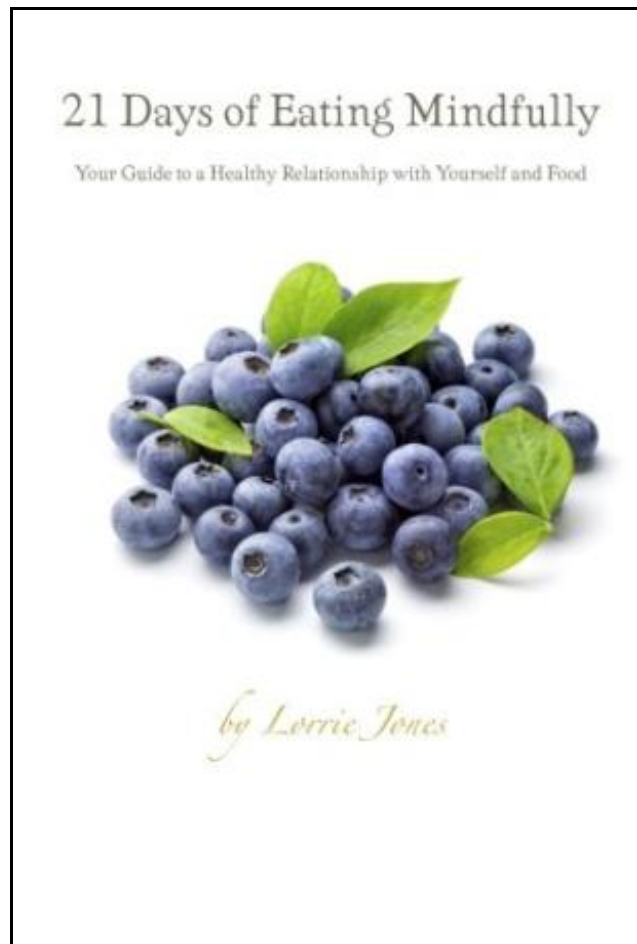


## 21 Days of Eating Mindfully: Your Guide to a Healthy Relationship with Yourself and Food



Filesize: 4.09 MB

### ***Reviews***



*This published publication is fantastic. it had been writtern very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

***(Junius Herman)***

## 21 DAYS OF EATING MINDFULLY: YOUR GUIDE TO A HEALTHY RELATIONSHIP WITH YOURSELF AND FOOD



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 the keys to establishing a healthy, loving relationship with yourself and enjoying a favorable weight shift and wise eating choices as a natural result and sustainable outcome. With mindful awareness it s possible to let go of the belief that eating or not eating will take away hurt, disappointment, loneliness-boredom, anger, emptiness. With mindful awareness you ll learn skills and tools necessary to use food for only nourishment and healthy enjoyment. If you re ready to give up believing there s something wrong with you-something that will change when you have a different body-then you re ready for Eating Mindfully...

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HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

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