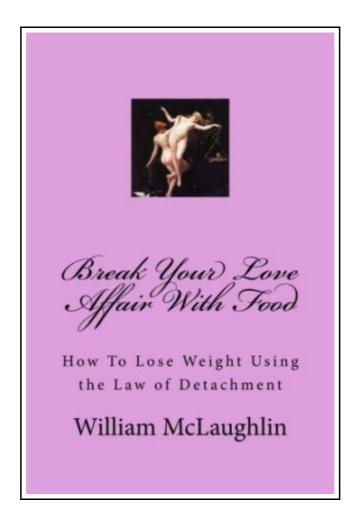
Break Your Love Affair with Food: How to Lose Weight Using the Law of Detachment (Paperback)



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Reviews

Absolutely essential read through ebook. Better then never, though i am quite late in start reading this one. Your life span will likely be change once you total reading this article pdf. (Jody Veum)

BREAK YOUR LOVE AFFAIR WITH FOOD: HOW TO LOSE WEIGHT USING THE LAW OF DETACHMENT (PAPERBACK)



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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. A 5-step, non-diet method of recreating your self-image, controlling your appetite, controlling your portions, exercising your body, and relaxing your stress. It works by correcting the way you relate to food - so you control your appetite instead of it controlling you! It works by making you fully satisfied on a small fraction of your usual meal size - Pounds drop on their own. quickly, naturally and without dieting, pills or willpower! It works by nullifying the unwanted eating habit at its subconscious source - treating the cause as well as the symptom! It works by correcting your reason for eating - you now eat for physical reasons, not emotional reasons! It works by virtue of its integrated mind/body/spirit approach - because you don t eat with your mouth alone! It works by relaxing the stress that triggers the overeating habit - you are centered: emotionally calm, mentally focused, and objectively aware! It s about cultivating a platonic relationship with food - in which you eat only for physical nourishment not emotional nourishment, for sensual pleasure not emotional pleasure!.

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