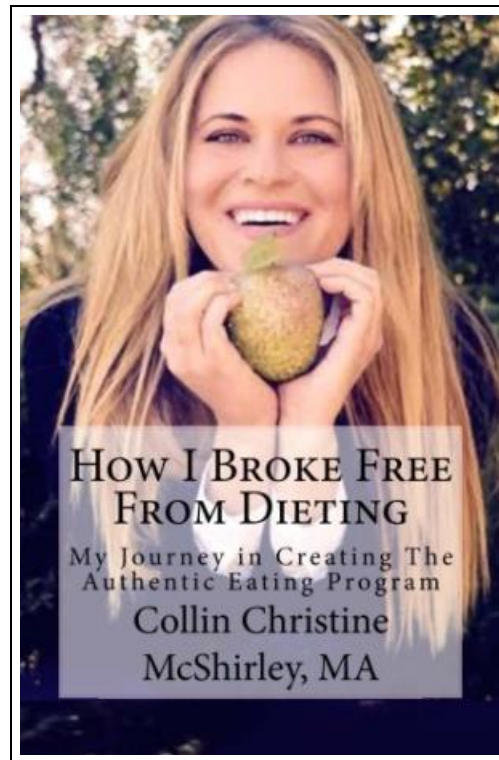


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Reviews

Excellent e-book and useful one. It is written in straightforward phrases rather than confusing. I am just very happy to explain how here is the finest publication I have got read through in my very own lifestyle and might be the greatest book for possibly.
(Viva Schuster)

HOW I BROKE FREE FROM DIETING: MY JOURNEY TOWARDS BECOMING AN AUTHENTIC EATER (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book covers my personal experiences as an emotional eater and the lessons I learned along the way that helped me stop emotional eating. With my background in clinical psychology, and being certified in dieting and eating disorders, I was able to incorporate my personal experience and knowledge as a trained professional along the way. All of the lessons in my book are ones I used myself that transformed my healing with food and body. Now after working with many individual, group and business clients I ve developed a sustainable Authentic Eating Methodology that empower people to taking living a healthy eating lifestyle with grace and ease. I invite you to try Authentic Eating in your life so you never have to diet again. Rather love the food you eat, especially the food that loves you back.



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