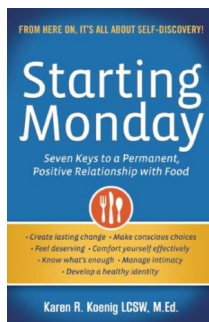


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## STARTING MONDAY: SEVEN KEYS TO A PERMANENT, POSITIVE RELATIONSHIP WITH FOOD



Gurze Books. Paperback. Book Condition: new. BRAND NEW, Starting Monday: Seven Keys to a Permanent, Positive Relationship with Food, Karen R. Koenig, Starting Monday is based on the simple premise that when our behaviors don't align with our expressed intentions, we've got a conflict going on, often outside of our awareness. The book helps readers dig deeply into their psyches to figure out what mistaken beliefs and needless fears are holding them back from achieving their health and fitness goals....

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- Authored by Karen R. Koenig
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*A brand new electronic book with a new standpoint. It is writter in basic phrases rather than confusing. Its been designed in an extremely basic way which is merely right after i finished reading through this publication where basically altered me, change the way i believe.*

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