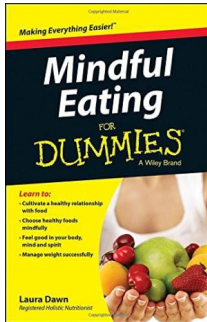


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## MINDFUL EATING FOR DUMMIES



John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Mindful Eating For Dummies, L. Dawn, Ditch the fad diets and discover how to eat mindfully. Packed with tips to help you make lasting dietary changes, Mindful Eating For Dummies paves the way for redefining your relationship with food, challenging your attitude about eating and making attainable changes to integrate mindful eating into everyday life. This no-nonsense, friendly guide offers essential guidance to get healthy, lose weight and avoid...

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- Authored by L. Dawn
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