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

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



by Lorrie Jones

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...

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- Authored by Lorrie Jones
- Released at 2012



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