



Mindful Eating Mindful Life: How To Stop Overeating, Lose Weight, And Live A More Balanced Life (mindfulness,eating, meditation,exercises,eating anxiety, stress reduction,law of attraction)

Michele Gilbert

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Would you like to learn to EAT MINDFULLY instead of MINDLESSLY?

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Welcome to your new way of life!!

This book contains basic steps on mindful eating, an ancient technique that will teach you to break the habitual magical cycle of over-eating and help you to start controlling your nutrition plan and habits.

Also explanations of the basic technique. By reading the book you will be able to learn how to practice the basics of the technique in order to get the balance back to your life and onto your plate.

You will learn how to savor and appreciate your food. It is not a diet, you won't have to restrict yourself and torture yourself in order to lose weight that you will gain as soon as you stop with your unhealthy dieting regime. It is your new way of life!!

Learn...

- What is Mindful eating?
- Why we overeat?
- The benefits of mindful eating
- The technique empowers you with a Choice
- Mindful eating teaches you to eat based on your needs

- Develop trust in yourself
- Craving control
- Weight management
- An example of mindful eating ritual and basic tips
- Additional tips to start the mindful eating routine

Would You like to learn more?

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And learn a new Mindful way to think about your food ..

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Jennifer McNab:

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Dianne Tripp:

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