

The Emotional Eaters Repair Manual A Practical Mind Body Spirit Guide For Putting An End To Overeating And Dieting

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of The Emotional Eater's Repair Manual "There's nothing wrong with occasionally using food to enhance enjoyment and celebrate life" The problem comes when you start to use food as an escape from real life, and when you do it so often it becomes a nasty emotional by-product stuck on repeat

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the bestselling author of The Emotional Eater's Repair Manual—A Practical Mind/Body/Spirit Guide for Putting an End to Overeating and Dieting She is an inspirational speaker and for the past 25+ years, Julie has been helping overeaters and imbalanced eaters heal their relationships with themselves, their bodies and food, stop dieting, lose

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Take a look at the good, the bad, and the really ugly diets that exist in the market today Review current research and evidenced - based guidelines that relate to diabetes and obesity

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