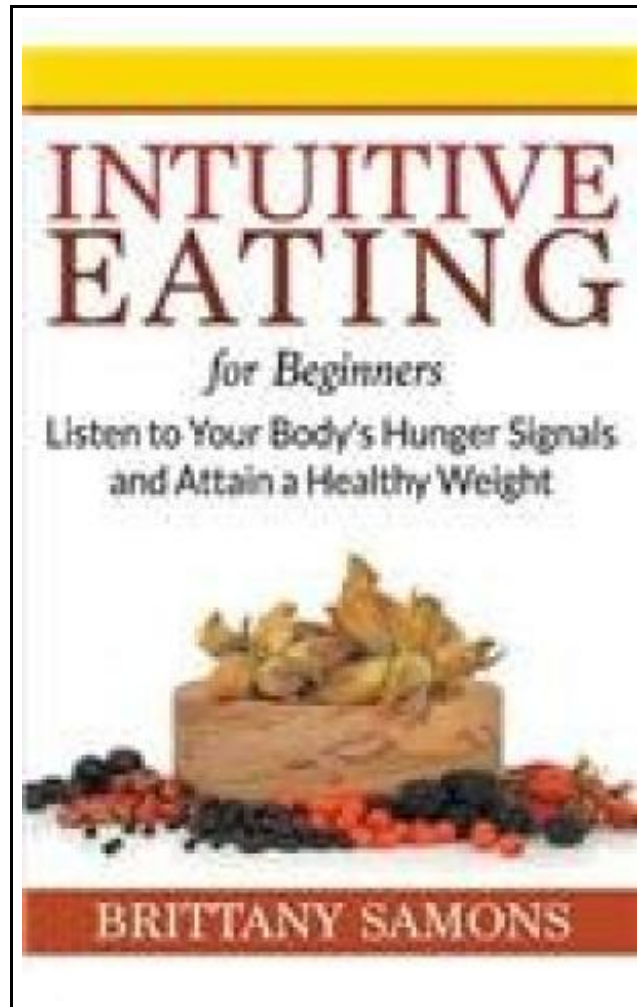


Intuitive Eating for Beginners: Listen to Your Body's Hunger Signals and Attain a Healthy Weight



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(Dr. Reta Murphy)

INTUITIVE EATING FOR BEGINNERS: LISTEN TO YOUR BODY'S HUNGER SIGNALS AND ATTAIN A HEALTHY WEIGHT



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Weight a Bit, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Weight loss is among the most difficult thing a person could undergo. It takes long, it requires a lot of patience, and it needs sacrifices, especially if you are hoping to lose some weight with the use of some diet fads. Most of the diets available nowadays, however, are not only sacrificial but have slow effects, too. Often, being on a diet for so long renders the diet ineffective and that reverting from it could cause the person to regain the weight he lost. Furthermore, most diets give a person the feeling of being deprived. This, when not addressed, results in psychological changes that could render future attempts to lose weight difficult. Fortunately, there is a philosophy that could help reshape our view of weight loss: Intuitive Eating.

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