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biscuits any more, which I used to

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and very effective methods of
how to stop this behaviour, it's
not what you've heard before and
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Overeating; it shows you how to set your own limits without feeling deprived and becoming rebellious; and it gives you the ability to develop greater control by helping you to overcome addictive behaviour. So simply follow Eating Less and see your

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Emphasising healthy eating and eating less, the author offers solutions to overeating by looking at thoughts and beliefs about food. The book introduces techniques to apply in daily life,

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We are becoming more and more obsessed with being thin ... as we

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get fatter and fatter! The craziest part is that most weight loss 'solutions' are actually part of the problem. Diet and exercise programs fail 97% of people in the long-term, resulting in short term weight loss, medium term regain, and long-term gain

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approximately 10 to 15% above starting weight. Scientists have known this reality for decades - the entire diet industry is based on it - yet we keep on falling for promises of fast, easy, permanent weight loss (and other fictional tales), putting ourselves through

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rebranded versions of the exact same thing ... and expecting different results. Some might call this insanity - weight management psychologist Glenn Mackintosh calls it Thinsanity. Glenn's book, Thinsanity, aims to transform the way we approach

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weight management of the body, by starting with the mind. New scientific developments are offering insights into a compassionate way to make peace with food, fall in love with physical movement, and learn to LOVE your body healthy. Glenn

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takes all those new scientific developments and expresses them the way he does with his clients: clearly and with lots of understanding. This book is right for anyone who wants to learn to love their body and be healthy in it.

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Are you ready to: Banish sugar and carb cravings? Manage your weight for life? Look and feel years younger? Regain energy, vitality and mental clarity? Reduce your risk of diabetes and other chronic diseases? If so,

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Goodbye Sugar is the book for you! Goodbye Sugar is nutritionist Elsa Jones' revolutionary programme for sugar addicts that contains the missing ingredient lacking in other diet plans: it works by targeting not only your physical dependency on sugar

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but your emotional dependency too - the part of you that 'needs' a sweet treat when you're feeling tired, stressed, bored, lonely or simply because it's the weekend. We all know a diet too high in sugar wreaks havoc on our waistlines and our well-being,

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Overeating—laundry—are piling up, but your energy keeps dwindling. You feel like you're simply making it through the days, not living or enjoying any part of them. In *Say Goodbye to Survival Mode*, you'll find both practical ideas and big-picture perspective that will

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healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

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Overeating diets do not work for the same reason people do not find lasting love on The Bachelor franchise. Losing ten pounds in three days on a juice cleanse is like falling in love in three days on a private island - yeah, it can happen, but it sure won't last when real life gets

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