

[PDF] Skinny Thinking: Five Revolutionary Steps To Permanently Heal Your Relationship With Food, Weight, And Your Body

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Books Details:

Title: Skinny Thinking: Five Revolut
Author: Laura Katleman-Prue
Released: 2010-04-01
Language:
Pages: 176
ISBN: 1600377491
ISBN13: 978-1600377495
ASIN: 1600377491

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Description:

Book Description HERE'S HOW YOU WILL BENEFIT:

Learn to make wise food and eating choices

Permanently change the way you eat and think about food
End your weight struggle forever and free yourself from food worries
Learn to accept your body

About the Author

Laura Katleman-Prue is a graduate of the Theravision Program in Transpersonal Psychology. She has been teaching meditation and non-duality since 2007 and successfully counseled people about their eating issues, both individually and in Skinny Thinking Workshops. Skinny Thinking grew out of her desire to share the techniques that permanently healed her eating, weight, and body image issues.

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