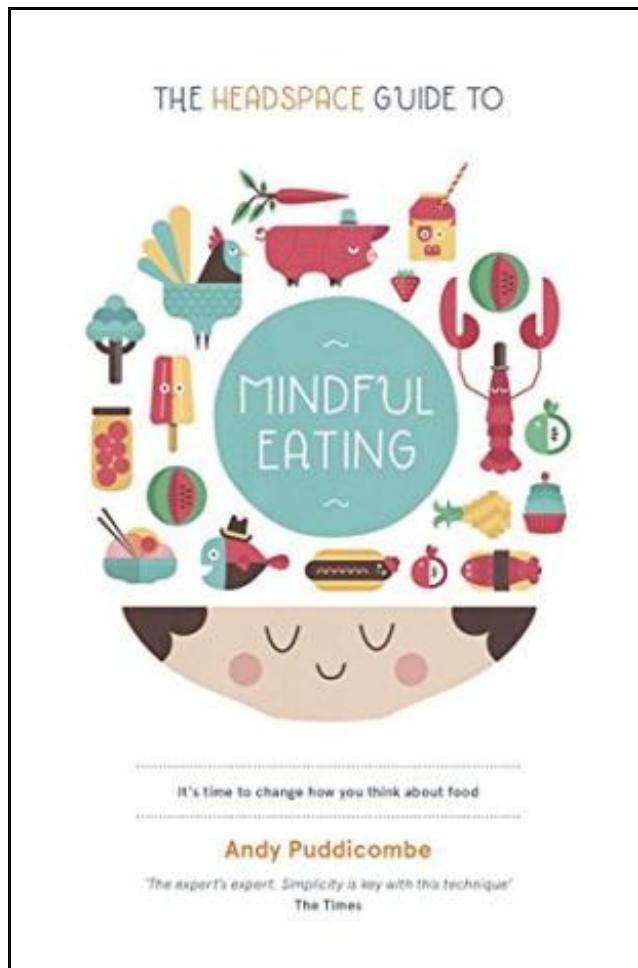


The Headspace Guide to. Mindful Eating: 10 Days to Finding Your Ideal Weight



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Reviews

This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. Its been designed in an exceptionally simple way and is particularly only right after i finished reading this ebook in which basically modified me, alter the way i believe.
(Prof. Loyce Runolfsson Jr.)

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Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, The Headspace Guide to. Mindful Eating: 10 Days to Finding Your Ideal Weight, Andy Puddicombe, Formerly The Headspace Diet, this book is designed to show you how to find your ideal weight in an easy, manageable and mindful way. It allows you to escape the endless diet trap by following simple yet potentially life-changing exercises in order to develop new effective habits and a much improved relationship with food and your body. The Headspace mission is to get as many people taking just 10 minutes out of their day to practise these powerful mindfulness techniques. Mindful eating is a key aspect of mindfulness and as you start to practise it you will notice profound results, both in terms of your shape but also your overall health and well being. Have you tried every diet going only to see the weight creep back on again? Do you feel guilty and anxious about eating certain foods? Or find yourself unable to resist that extra helping even if you're not actually that hungry? Are you unhappy with your body and how it looks and feels? Now is the time to stop what you're doing and try a different, healthy and brilliantly effective approach.

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