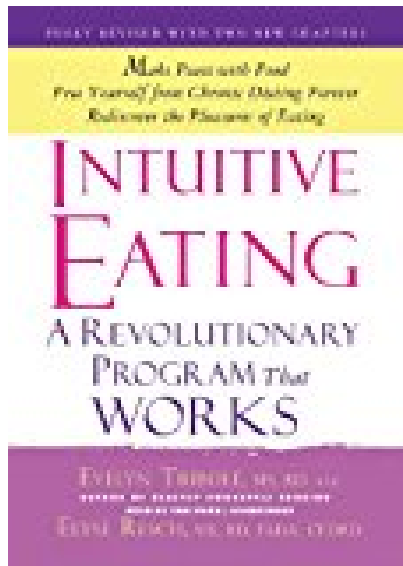


Intuitive Eating 3rd Edition A Revolutionary Program that Works



BOOK DETAILS

- Author : Evelyn Tribole
- Pages : Pages
- Publisher : Blackstone Audio, Inc.
- Language : English
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BOOK SYNOPSIS

Teaches how to reject the diet mentality, find satisfaction in eating, dissociate feelings from food, honor hunger, and feel fullness in order to achieve a new and safe relationship with food and, ultimately, body image.

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