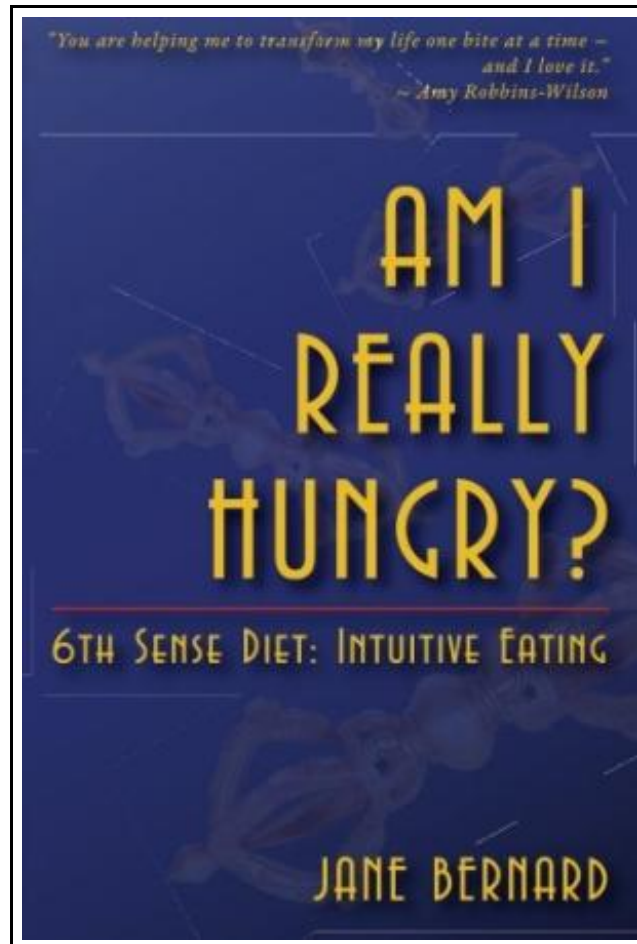


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Createspace, United States, 2012. Paperback. Book Condition: New. Large Print. 226 x 150 mm. Language: English . Brand New Book. Am I Really Hungry? is the last diet book you ll ever have to buy! It s a 21st century intuitive guide for thinking differently about being your healthy weight that people are calling liberating. Based on interviews with dieters and intuitive eaters, this book tells how to turn off old diet hot-buttons and turn on natural self-control. It s a relief! Imagine knowing what you want, knowing when you re hungry and being at peace with your body and yourself. It s all part of the inner game of eating self-control. This is for anyone who s tired and frustrated with traditional 20th century diets. Life is different now so it s time to think different. Learn to open your mind and connect with your body by using your senses to think. Instead of calories and rules, you get 10 tools to depend on as guides for eating intuitively. Say good-bye dieting and hello long term-satisfaction with your body and yourself. No inner critic. No calorie counting. No forbidden foods. Instead the focus is quality of life. A chapter deals with social stress. Have you ever wished you could relax at a party where there was a huge buffet? Have you ever dreamed you might loose weight without having to diet? Well, you can. There are tricks intuitive eater s use to protect themselves without thinking about self-control that make sense and are easy! A chapter reveals the meaning of sensual eating. It s second nature to discover pleasure with our senses. You will never look at food the same way again. The way to know the difference between physical and emotional hunger is made clear. And most, important,...



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