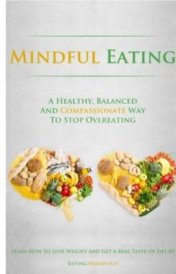


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Mindful Eating: A Healthy, Balanced and Compassionate Way To Stop Overeating, How To Lose Weight and Get a Real Taste of Life by Eating Mindfully What are you hungry for? You may have been drawn to the idea of mindful eating as an antidote to the empty promises of the diet industry, or you may...

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- Authored by Simeon Lindstrom
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