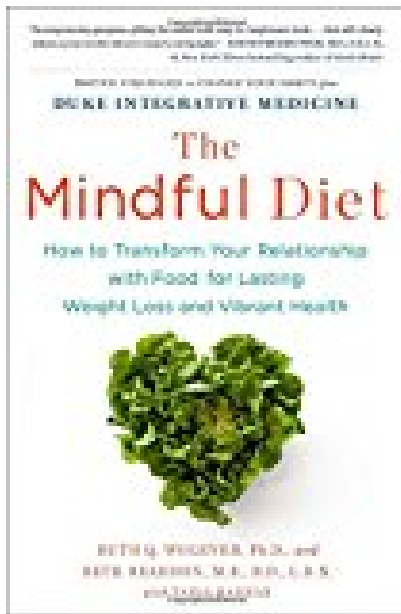


The Mindful Diet How to Transform Your Relationship with Food for Lasting Weight Loss and Vibrant Health



BOOK DETAILS

- Author : Ruth Wolever
- Pages : 352 Pages
- Publisher : Scribner
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BOOK SYNOPSIS

Addresses the unhealthy behaviors that derail most diets and provides a science-based approach to eating mindfully to stop cravings, end emotional overeating, and have lasting weight loss and health.

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