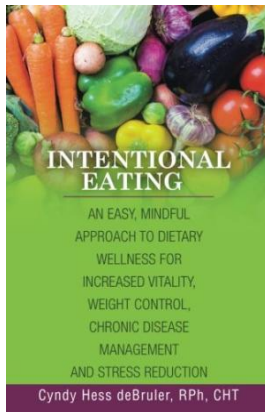


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# INTENTIONAL EATING: AN EASY, MINDFUL APPROACH TO DIETARY WELLNESS FOR INCREASED VITALITY, WEIGHT CONTROL, CHRONIC DISEASE MANAGEMENT AND STRESS REDUCTION (PAPERBACK)



Balboa Press, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book will help you come into harmony with food and your body by learning to eat with intention and mindfulness. The result will be blissful enjoyment of healthy real foods that will nourish your body, heart and soul. Dis-ease starts with emotional, spiritual and physical imbalance. Often that imbalance is sparked by eating the wrong foods and falling prey to common food...

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- Authored by Cyndy Hess Debruler Rph Cht
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