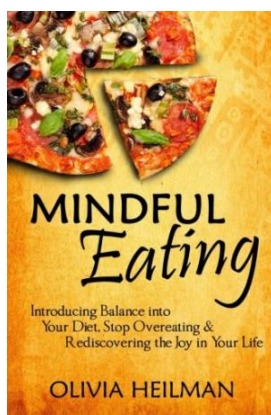


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Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Mindful Eating - Steps to Bring Balance into Your Diet Rediscovering the Joy in Your Life In the often-busy modern world, many of us have lost any real connection to the food that we consume. Mindlessly eating without paying attention to the cues that our bodies send us, we quickly find ourselves disconnected from the textures, aromas, colors,...

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- Authored by Olivia Heilman
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