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In Mindfulness-Based Intuitive Eating, Rossy provides an innovative and proven-effective program, Eat for Life, to help you slow down, savor each bite, and actually eat less. This unique, whole-body approach will encourage you to adopt healthy eating habits by showing you how to listen to your body's intuition, uncover the psychological cause of your overeating, and be more mindful during mealtime.

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The Mindfulness-Based Eating Solution | NewHarbinger.com

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The Mindfulness-Based Eating Solution

The Mindfulness-Based Eating Solution gives anyone who has struggled with food a realistic and achievable approach to finding peace with food and eating. While founded on solid science, Lynn Rossy offers a supportive, nurturing and real-life approach to inviting change while still enjoying the foods you love.

Mindfulness Based Interventions - Lynn Rossy

The Mindfulness-Based Eating Solution: Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life Audible Audiobook – Unabridged Lynn Rossy PhD (Author), Melinda Wade (Narrator), Wetware Media (Publisher) 4.7 out of 5 stars 70 ratings See all formats and editions

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The Book - Mindfulness Based Interventions - Lynn Rossy

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