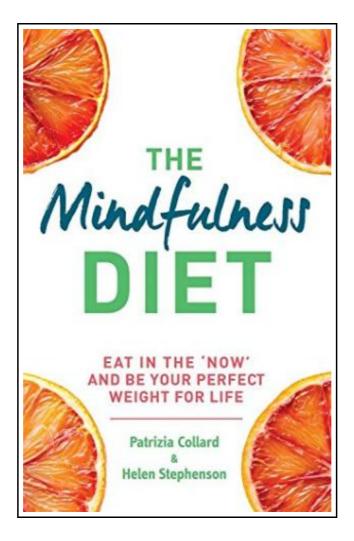
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(Dr. Kayden Gerlach)

THE MINDFULNESS DIET: EAT IN THE NOW AND BE THE PERFECT WEIGHT FOR LIFE - WITH MINDFULNESS PRACTICES AND 70 RECIPES



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* How to tune in to your body and eat the foods you really need and achieve your best weight.* Freedom from cravings - how to beat emotional eating.* Mindful eating plans to keep you on track.* 70 quick and easy recipes - breakfasts, lunches, dinners and snacks.* The essential Mindfulness techniques that will transform your eating habits forever. Eat your way to your perfect weight!.

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