



Mindful Eating: 26 Ways to Overcome Binge Eating Achieve Mindful Eating (Paperback)

By Randy Young

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. From the Best Selling Self-Help Author, Randy Young, comes Mindful Eating: 26 Ways To Overcome Binge Eating Achieve Mindful Eating. This book will help you improve yourself, help you over come your food addiction, and bring you joy and happiness in your life! If you are not feeling the happiest you could be? If you want to improve your life. Or if the idea of getting back on track TODAY. THEN THIS BOOK IS FOR YOU! This book provides you with a step-by-step guide to feeling good and overcoming your food addiction! Are you ready to experience life on a whole new level? Then check out this book NOW! Tags: mindful eating, binge eating, healthy eating, mindfulness, food addiction, sugar addiction, weight loss tips.



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