



## The Mindful Diet: How to Transform Your Relationship to Food for Lasting Weight Loss and Vibrant Health

By Ruth Wolever

Atlantic Books. Paperback. Condition: new. BRAND NEW, The Mindful Diet: How to Transform Your Relationship to Food for Lasting Weight Loss and Vibrant Health, Ruth Wolever, "The Mindful Diet is the first book to combine health psychology with cutting-edge nutrition research to deliver an up-to-the-minute method for eating mindfully and breaking the yo-yo diet cycle. Loaded with meditation exercises, behavioural techniques, nutrition advice and meal-planning charts, this book provides the tools to avoid cravings, stop emotional overeating and figure out when you are full. Lasting weight loss and healthy living begin in the mind: now you can learn how to reprogram your body, make healthy choices, lose weight and keep it off for life."



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