



Food Freedom Forever: Letting Go of Bad Habits, Guilt, and Anxiety Around Food

By Melissa Hartwig

Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. End the yo-yo dieting cycle forever. Welcome to the Food Freedom plan. Millions of people have successfully completed the groundbreaking Whole30 program and radically transformed their energy, sleep, cravings, waistlines, and health. Now, Food Freedom Forever offers real solutions for anyone stuck in the exhausting cycle of yo-yo dieting and the resulting stress, weight gain, uncontrollable cravings, and health complaints. In her newest book, best-selling author Melissa Hartwig defines true food freedom as being in control of the food you eat instead of food controlling you. Resets like the Whole30 can jump-start the process, but as anyone who has dieted knows, holding on to that freedom and creating healthy habits that last is the hard part. In her detailed three-part plan, Melissa will help you discover food freedom no matter how out of control you feel, walk a self-directed path that keeps you in control for months on end, gracefully recover when you slip back into old habits, and create the kind of food freedom that stays with you for the rest of your life. Food Freedom Forever shows you how to design your reset, making your...



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