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Women, Food and Desire: Embrace Your Cravings, Make Peace with Food, Reclaim Your Body

By Alexandra Jamieson

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Women, Food and Desire: Embrace Your Cravings, Make Peace with Food, Reclaim Your Body, Alexandra Jamieson, Transformational health expert Alexandra Jamieson is a woman on a mission. Having overcome her own food addictions and the weight and health problems these habits caused, she learned something life-altering: when we listen to our cravings, they will lead us onto the path of deep healing. Since her own personal breakthrough more than a decade ago, Alexandra has dedicated her life to helping other women learn to listen to the wisdom of their cravings and make food their greatest ally as they step into their lives with authentic passion. In this powerfully feminine manifesto, Alexandra dares us to face our cravings head-on, to make the self-commitment to no longer hide out behind food, self-loathing or the limiting expectations of others. With love, deep compassion and fearless honesty, she calls upon all of us to boldly use food as a tool to cleanse ourselves of the nutritional, emotional, physical and mental blocks that limit our ability to live full, meaningful and joyful lives. In this book she'll show us how: * Our cravings are the...



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This composed ebook is wonderful. It really is written in basic words rather than hard to understand. You may like the way the writer compose this pdf.

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