



Intuitive Eating: A Beginner's Guide to Intuitive Eating and Enjoying Health at Every Size (Intuitive Eating, Health at Every Size, Dieting, Health)

By Sarah McGovern

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Discover How to Attune Yourself to Your Body's Signals, Eat Intuitively and Live with Abundant Health

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Are you frustrated trying diet after diet? Have you gone through the tiresome process of counting calories every time you eat? Here's another home truth: Diets never work! Healthy eating habits do. This handbook on intuitive eating explores healthy eating for every size and explains the importance of understanding feedback from your body.

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Here is a Preview of What You'll Learn...

- Why the Western Diet isn't working
- The Real Impact of Processed Foods and Refined Sugars
- The Key to Health Living
- Exercise tips for Healthy Living
- How to Stop Emotional Eating
- How to Listen to Your Body
- And much, much more!

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