



Mindfulness for the 5: 2 Diet: Lose Weight Faster, Feel Happier, Take Control by Eating Mindfully (Paperback)

By Polly Fielding

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Have you tried to diet and found hunger, along with other drawbacks, interfering with your enjoyment of it, despite your perseverance? Polly Fielding is the first author to combine an amazingly simple and effective approach to mindfulness with the increasingly popular 5:2 way of eating to create the ideal recipe for long-term success. Her personal experience has motivated her to share with you how to cope easily with this highly manageable, healthy weight loss lifestyle and gain numerous, unexpected, additional benefits to your life by eating mindfully. She shows you, using practical, easy steps, how to immensely improve your relationship with yourself and others at the same time as altering forever how you relate to food. Reading this book will not only radically change your eating patterns, but will also enable you to become the balanced, happier, more creative person you were always destined to be. Included are recipes to suit a variety of tastes both vegetarian and non-vegetarian. Happy eating!.

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