



## Go with Your Gut (Paperback)

By Robyn Youkilis

Octopus Publishing Group, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. How We Digest Our Food is How We Digest Our Lives If you re like most women, you ve been on the never-ending quest for the perfect diet since you were a teenager, constantly trying to find the trick that will fix your body. You ve sworn off all bread and carbs, skipped meals, tried to subsist solely on green drinks. You ve maybe even taken a supplement that promised to help you lose those last 5 (or 10, or 15) pounds. Does this sound familiar? It s sooo exhausting, right? Obsessions with weight, diet, exercise, and even health don t have to be a part of everyday life. Anyone can change their relationship with food and their body. We need to slow down and learn to listen, and focus on what our symptoms - weight gain, fatigue, insomnia, bloating, indigestion, and constipation - are telling us. Through her health coaching practice, Your Healthiest You, Robyn Youkilis has helped thousands of women discover the real reasons why they feel like their bodies just aren t listening to them, reconnect with that gut instinct, and learn...



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### Reviews

*Without doubt, this is actually the best job by any publisher. It is written in basic phrases instead of difficult to understand. You will like the way the author publishes this publication.*

-- **Dr. Marvin Deckow**

*A very great ebook with perfect and lucid answers. It can be packed with wisdom and knowledge I found out this book from my dad and I encouraged this publication to learn.*

-- **Elena McLaughlin**

## Relevant Books



**Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook**

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



**Self Esteem for Women: 10 Principles for Building Self Confidence and How to Be Happy in Life (Free Living, Happy Life, Overcoming Fear, Beauty Secrets, Self Concept)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Self Esteem for Women 10 Principles for building self confidence and how to be happy in life (free living, happy...



**Childhood Unbound: The Powerful New Parenting Approach That Gives Our 21st Century Kids the Authority, Love, and Listening They Need**

SIMON SCHUSTER, United States, 2010. Paperback. Book Condition: New. 211 x 145 mm. Language: English . Brand New Book. Dr. Ron Taffel, one of the country s most sought-after child-rearing experts, draws on decades of counseling experience and extensive conversations with parents...



**Hurry Up and Slow Down**

Oxford University Press. Paperback. Book Condition: new. BRAND NEW, Hurry Up and Slow Down, Layn Marlow, Hare is always raring to go. He races through the day while the ever-patient Tortoise does his best to keep up. Hare, it certainly seems to...



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Book Condition: Brand New. Book Condition: Brand New.



**Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade**

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