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## Stop Dieting Now 25 Reasons To Stop, 25 Ways To Heal

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By Golda Poretsky

Paperback. Book Condition: New. Paperback. From an early age, our culture tells us that losing weight and dieting is the key to having it all. Whether its better health, a better body, or a better lover, we all learn that dieting will get us what we want faster than anything else. Though we all want this to be true, if youre like most dieters, then you know that dieting does not equal happiness. Not only that, dieting can result in lots of unintended effects, like weight gain, disordered eating, and low self esteem, just to name a few. But there is a way out. In this breakthrough book, I show you why diets dont work and how you can break free from dieting patterns that are holding you back from happiness. When you read Stop Dieting Now!, you will come away with breakthrough insights and practical actions that you can take immediately to change your relationship with food and your body. Here are just a few things that you will learn from this book: Why you cant stick to diets (hint: its not about willpower). Simple techniques for letting go of food-related guilt and shame. Why you always seem to...

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