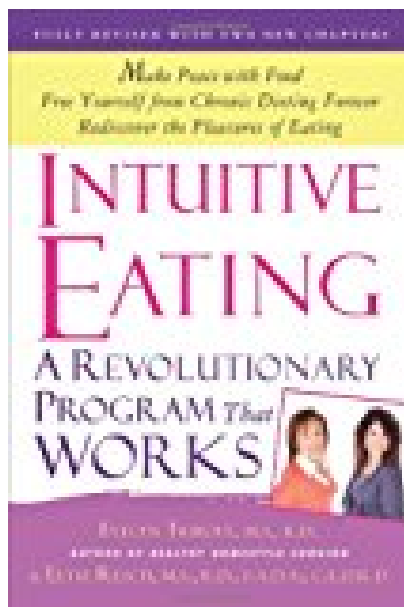


Intuitive Eating A Revolutionary Program that Works



BOOK DETAILS

- Author : Evelyn Tribole M.S. R.D.
- Pages : 368 Pages
- Publisher : St. Martins Griffin
- Language : English
- ISBN : 1250004047

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BOOK SYNOPSIS

Teaches how to reject the diet mentality, find satisfaction in eating, dissociate feelings from food, honor hunger, and feel fullness in order to achieve a new and safe relationship with food and, ultimately, body image.

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