



The Body Love Manual - How to Love the Body You Have As You Create the Body You Want (Volume 1)

Ms Elizabeth Anne Hills

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The “Body Love Manual” is a revolutionary book that offers a NON-DIET approach to losing weight, permanently and pleurably, by using a powerful body/mind approach. The first step is tapping into the genius of your own extraordinary body and learning how to listen to your physical appetites rather than your emotional appetites. The second key is learning how to master your mind so that you can master your weight...and your life! Written by a woman who has overcome obesity, an eating disorder and a highly judgmental relationship with her own body, the manual explains from a physical and psychological perspective exactly why diets do not work and how body judgment actually activates the emotional appetites that lead to excess weight gain. Readers will discover what is driving the urge to eat compulsively when they are not truly hungry and learn the 10 keys to achieving their healthiest weight permanently. As an added bonus the manual offers a thirty day partnership program which assists the reader and a chosen partner in “teaming up” to more rapidly make the transition away from compulsive overeating towards eating in synchronicity with their true physical appetites. A life-changing book!

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