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Why Am I Eating This? (Paperback)

By Sandy Robertson Rn Msn

iUniverse, United States, 2009. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. With a background in nursing, wellness and fitness, Sandy Robertson has been launching behavior change programs in corporate and hospital settings for over twenty-five years. She has counseled hundreds of individuals and conducted weight loss classes for thousands. Her extensive professional experience has revealed that losing weight is significantly impacted by the psychology of eating. Having gone on her own successful weight loss journey, Robertson knows that addressing the psychological root of overeating can shave time from a weight loss plan. There is a lot that goes into why we eat and when: our history, our emotions and our culture. But the good news is that we can learn more about why we eat and make wiser selections to become discerning eaters. Robertson shares helpful meditations and powerful exercises to create awareness of how emotions and feelings affect food intake, launching you on a journey of self awareness and major positive change in your weight and in your life. Why Am I Eating This? provides a map to help you journey beyond self-sabotaging patterns and old ingrained relationships...



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