



Lose Weight Peacefully (Paperback)

By Jen Gallagher

Essential Oil Goddess, Australia, 2009. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Unlike any other diet book on the market, Lose Weight Peacefully empowers readers to regain trust in their body, recognise their real physical hunger, and learn how to deal with issues as they arise, all the while eating the foods they love. This book is a must read for the thousands of people who struggle with food and weight. There are no meal plans, exercise regimens or counting calories. Don't waste any more time, energy and money on diets - they don't work! This approach will arm the reader with real strategies to make the most of their life and lose weight at the same time! Jen Gallagher is a qualified counsellor, aromatherapist and teacher. She worked in the areas of health and education for nearly twenty years, helping many others on their personal journey. Despite this, she struggled with her weight since childhood. After years of searching, she finally discovered a simple approach that enabled her to stop dieting, find peace and get on with life. This led to an amazing thirty kilogram weight...



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