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The Tale of Eating Beauty How She Broke the Food Spell and How You Can Too! (Paperback)

By Jean Hausmann

Balboa Press, United States, 2012. Paperback. Book Condition: New. 213 x 142 mm. Language: English . Brand New Book ***** Print on Demand *****. The Tale of Eating Beauty is a brilliant and inspiring approach to building self-esteem while taking on the challenge of obesity. What a clever book for our times. A must read, if there ever was one. -CAROLINE MYSS, author of Anatomy of the Spirit A lifetime dieter, Madge has just about given up hope of ever getting out from under the power of food. Will she ever have a body she loves, not just in weight and size, but a body with energy, health and vitality? She is filled with remorse, anger and disgust, the day she meets Viv, a mysterious woman who offers to show Madge how to break free of the spell food has over her. As her journey unfolds, Madge learns that losing weight permanently begins by changing from within. Viv shows her how to accept herself and become conscious of choices and their consequences. Challenging useless beliefs, finding her own power, dealing with what sabotages her and developing her self-esteem are just part of what Madge needs to do. In the end,...



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Reviews

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