



Food Therapy: The Ultimate Guide To Conscious Eating

Marlene Laszlo

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Food Therapy: The Ultimate Guide To Conscious Eating Marlene Laszlo

DO YOU LOVE TO EAT, LACK WILLPOWER, YET STILL WANT TO LOOK AND FEEL GREAT AT ANY AGE? Food Therapy: The Ultimate Guide To Conscious Eating is an uncommon-sense method of weight management that has passed the test of time. As a young woman, the author was hooked in the misery of yo-yo dieting until she discovered a small difference that started her on a positive change. MORE THAN TWENTY-FIVE YEARS later she still lacks willpower, still loves to eat, but has NEVER dieted again. Combining her years of practice as a psychotherapist and her personal experience in keeping off the pounds, she reveals bite-size strategies, inspirations, and research-based guidance that the diet-weary traveler will find easy to digest.

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