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Body Magic!: A Blissful End to Emotional Eating (Paperback)

By Chinmayi Dore

Chinmayi Dore, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Not another Diet Book! BodyMAGIC! is not really about losing weight. It s about finding out why you can t. If you are eating emotionally, then you can never maintain a steady, healthy weight on any weight-loss diet, because you are not getting to the source of your eating habits. Your continued binge, disordered or compulsive eating only causes more pain, more misery and more disappointment. How many times have you started off your day with brave and bold intentions of how much and what you are going to eat? Diet books and weight loss club leaders will tell you that if you plan you can t fail. So why is it that within hours, or maybe a couple of days, you let it all fall by the wayside? If you look closer you will see that it is your emotions that drive you to the foods which don t serve your health or your happiness. It s an Inside Job! For years maybe, you have stuffed down and numbed your emotions with food. But that pain isn t going anywhere....



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