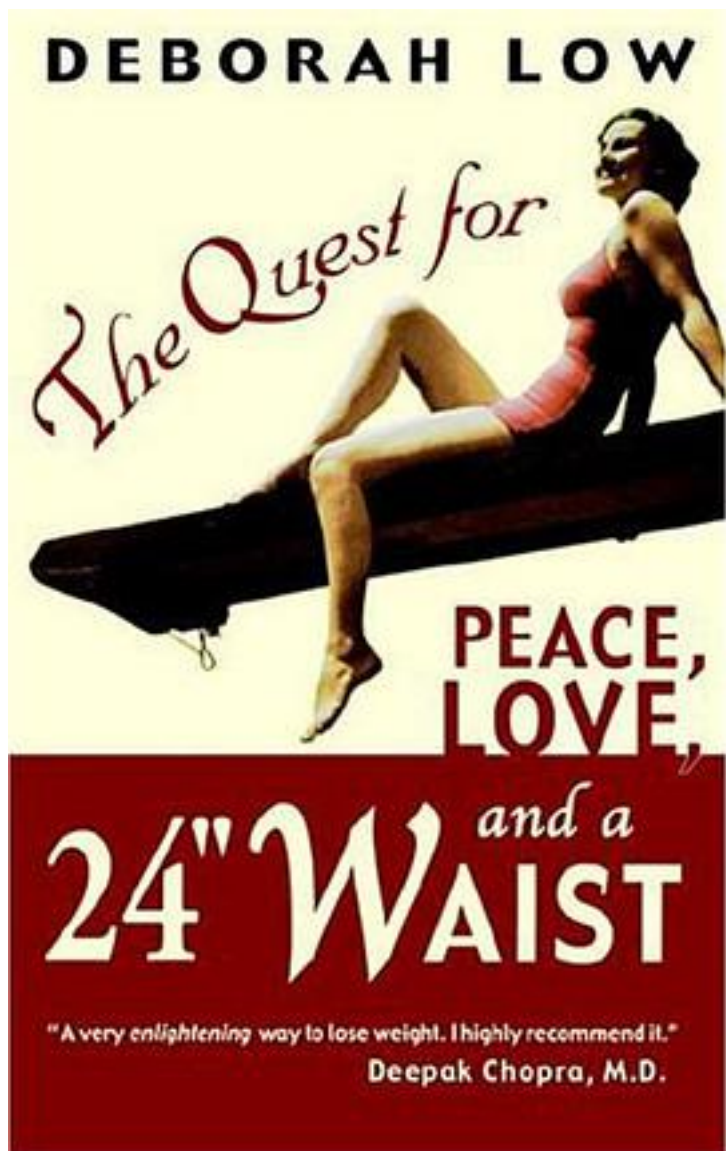


The Quest for Peace, Love and a 24" Waist



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著者:Low, Deborah

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Stop fighting with your body and lose weight joyfully with this enlightening book about self-esteem and body image. When it comes to body image and dieting, millions of women want the same thing -- to lose weight. Yet somewhere along the path to that goal, women begin to equate happiness with the size of their waistline, and then an innocent plan turns into the Holy Grail . . . The Quest for Peace, Love and a 24" Waist . Now, Deborah Low, a certified weight loss consultant, helps women navigate through the maze of restrictive diets and their punishing beliefs, and to focus on self-awareness. By focusing on the larger picture -- of living well and fully -- the emotional battle with food ends and the greater desires of happiness and health can be realized, including weight-loss. Complete with health information, physical exercises, and workbook space to record your goals and achievements, The Quest for Peace, Love and a 24" Waist will help you both lose weight and gain health and happiness.

作者介绍:

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