



Skinny Thinking: Five Revolutionary Steps to Permanently Heal Your Relationship With Food, Weight, and Your Body

By Laura Katleman-Prue

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READY TO END YOUR FOOD and WEIGHT WORRIES?

If so, Skinny Thinking is for you. The only way to create a healthy relationship with food and stop battling with your weight is to change the way you think about food. This is the missing piece of the eating puzzle. Once you change your thinking, your eating and your body will change. Simply by practicing the five steps presented in this book, you will never again need to worry about food or your weight.

HERE'S HOW YOU WILL BENEFIT:

Learn to make wise food and eating choices

Permanently change the way you eat and think about food

End your weight struggle forever and free yourself from food worries

Learn to accept your body

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Editorial Review

About the Author

Laura Katleman-Prue is a graduate of the Theravision Program in Transpersonal Psychology. She has been teaching meditation and non-duality since 2007 and successfully counseled people about their eating issues, both individually and in Skinny Thinking Workshops. Skinny Thinking grew out of her desire to share the techniques that permanently healed her eating, weight, and body image issues.

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