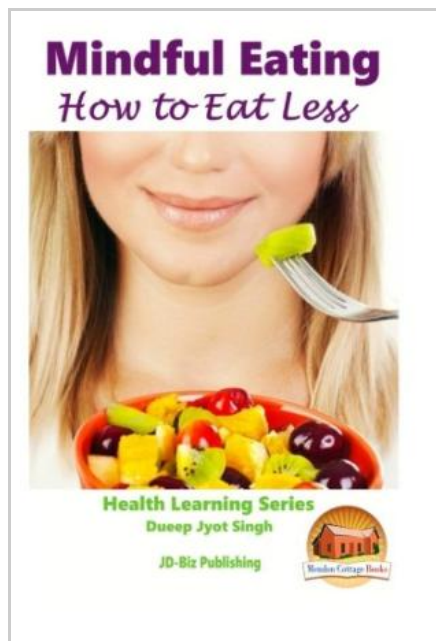




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Mindful Eating - How to Eat Less

By M Usman, Managing Director John Davidson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Introduction Mindful Eating Chapter #1: What is Mindful Eating and What are the Benefits Overeaters Chapter #2: Types of Overeaters Chapter #3: Food Preferences for Different Overeaters Food Transit Time Chapter #4: Food Transit Time Chapter #5: Improving Your Food Transit Time Learning Tips and Tricks for Controlled Eating Chapter #6: Tips for Eating Mindfully Chapter #7: Five Tricks to Keep Your Stomach Happy for Hours Trick #1: Eat foods with a high water content Tip #2: Eat foods with high fiber content Tip #3: Add more proteins than starches to your diet Trick #4: Use smaller plates and bowls for eating and large glasses for drinking water Trick #5: End with tea Mindful Workout Chapter #8: Techniques/Exercises for Practicing a Mindful Workout Conclusion: References Author Bio Publisher Introduction With the revolution in cooking ingredients and networking, where we can easily share and make recipes of different states, countries, and continents just to satisfy our taste buds and have variety, there is no doubt we crave for something different every day. A...



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