



The Laws of Gravity: Chronic Dieter s Edition

By Robin Ashley Long C.A. M.Ed

Trafford Publishing, Canada, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Globally, we have become obsessed with how we look and how we eat. We need to redirect our path by re-aligning ourselves with our natural, pre-disrupted state-the way we would have been had our relationship with food never been disturbed. In The Laws of Gravity, author Robin Ashley Long provides a process to assist us in enhancing our relationship with food. Not a diet or weight loss book, The Laws of Gravity offers a realistic alternative to quick-fix dieting and weight loss. Her advice creates a positive synergistic cycle relating to our food, our bodies, our emotions, and ourselves by journeying through these phases: Phase I: Acknowledgement. Understanding our eating behaviors and becoming aware of how our actions perpetuate themselves. Phase II: Self-acceptance. Developing a better relationship with food and beginning an upward spiral of positive experiences surrounding eating to change our internal psychological state. Phase III: Allow. By creating a positive psychological state around eating, we can stop the conscious mind from focusing on food. The Laws of Gravity presents a fresh perspective on fundamental information about...



READ ONLINE
[8.79 MB]

Reviews

Certainly, this is actually the very best job by any author. It really is rally exciting through studying time. You may like how the blogger write this pdf.

-- **Rudolph Jones MD**

Completely essential go through ebook. I was able to comprehended almost everything using this created e pdf. You will not sense monotony at anytime of your time (that's what catalogs are for relating to if you request me).

-- **Timothy Schulist**