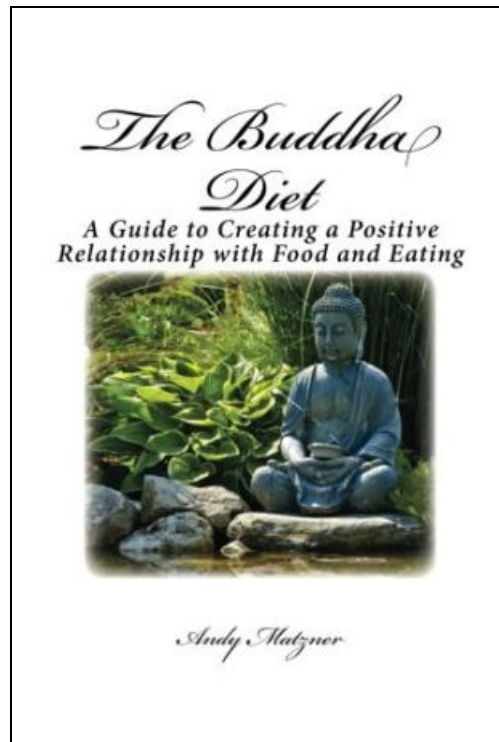


The Buddha Diet (Paperback)



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Reviews

Complete guide for ebook fans. Better then never, though i am quite late in start reading this one. Your life span will likely be convert when you full reading this ebook.

(Dr. Teagan Beahan Sr.)

THE BUDDHA DIET (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. I believe that the key to healthy eating is self-love: Feeling good about yourself, respecting yourself, and treating yourself with compassion. Once you learn self-love, then a positive, healthy relationship with food will naturally develop. By accepting yourself without judgment, you ll become much less willing to make unhealthy food choices. With self-love, your relationship with food ceases to be a chore or something you have to force yourself to do. After all, motivation powered by unhappiness and resentment toward your own body is bound to fail. This is why traditional diets don t work. The Buddha Diet solves that problem by showing you exactly how to develop that sense of self-love and acceptance. Table of Contents: Introduction Chapter 1: What the Buddha Discovered about dieting Chapter 2: How to Change (or not) Chapter 3: Food and Eating: Practical Considerations Chapter 4: Skill #1: Mindfulness Chapter 5: Skill #2: Accessing Authentic Values Chapter 6: Skill #3: Cultivating Self-Compassion Chapter 7: Skill #4: Overcoming Maladaptive Beliefs Chapter 8: Skill #5: Neutralizing Negative Self-Talk Chapter 9: Skill #6: Disarming the Inner Critic Chapter 10: Skill #7: Managing Emotional Eating Chapter 11: Skill #8: Dealing with Emotions Conclusion.



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