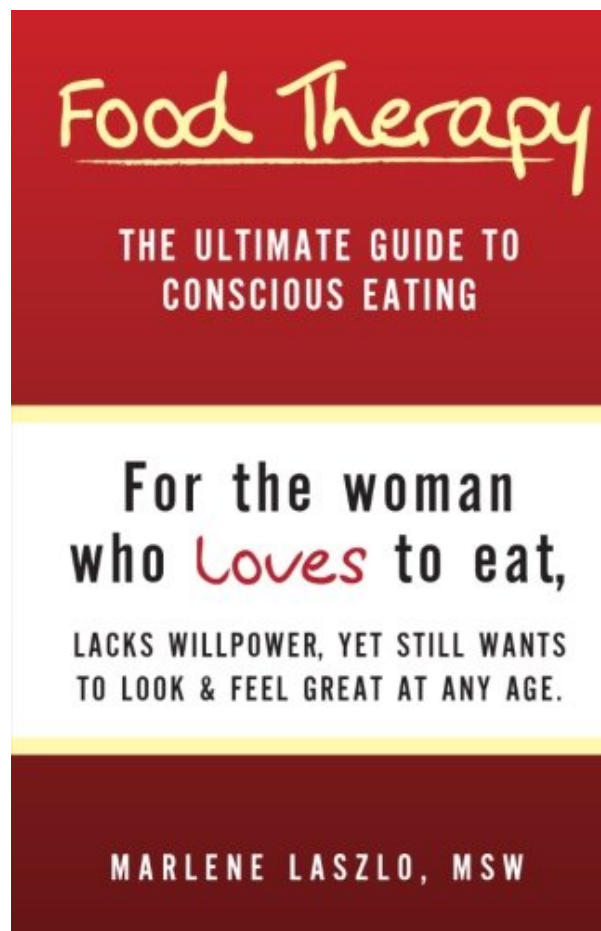


# FOOD THERAPY: THE ULTIMATE GUIDE TO CONSCIOUS EATING BY MARLENE LASZLO



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THE ULTIMATE GUIDE TO  
CONSCIOUS EATING

For the woman  
who *Loves* to eat,

LACKS WILLPOWER, YET STILL WANTS  
TO LOOK & FEEL GREAT AT ANY AGE.

MARLENE LASZLO, MSW

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## **About the Author**

Marlene Laszlo is a seeker of possibilities, an author and, most importantly, a gatherer of food-related information. Her work as a psychotherapist introduced her to solution-oriented concepts that she applied in her own personal struggle with weight. People often tell her that she is “lucky” because she can eat whatever she wants. But the truth is, weight management has little to do with “luck.” Food Therapy is a combination of her personal experience, solution oriented concepts and strategies and research findings to support her method of conscious eating.

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DO YOU LOVE TO EAT, LACK WILLPOWER, YET STILL WANT TO LOOK AND FEEL GREAT AT ANY AGE? Food Therapy: The Ultimate Guide To Conscious Eating is an uncommon-sense method of weight management that has passed the test of time. As a young woman, the author was hooked in the misery of yo-yo dieting until she discovered a small difference that started her on a positive change. MORE THAN TWENTY-FIVE YEARS later she still lacks willpower, still loves to eat, but has NEVER dieted again. Combining her years of practice as a psychotherapist and her personal experience in keeping off the pounds, she reveals bite-size strategies, inspirations, and research-based guidance that the diet-weary traveler will find easy to digest.

- Sales Rank: #4518386 in Books
- Published on: 2013-11-08
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .31" w x 5.50" l, .36 pounds
- Binding: Paperback
- 134 pages

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