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THE HEADSPACE GUIDE TO. MINDFUL EATING: 10 DAYS TO FINDING YOUR IDEAL WEIGHT



Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, The Headspace Guide to. Mindful Eating: 10 Days to Finding Your Ideal Weight, Andy Puddicombe, Formally The Headspace Diet, this book is designed to show you how to find your ideal weight in an easy, manageable and mindful way. It allows you to escape the endless diet trap by following simple yet potentially life-changing exercises in order to develop new effective habits and a much improved relationship with food...

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- Authored by Andy Puddicombe
- Released at -



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