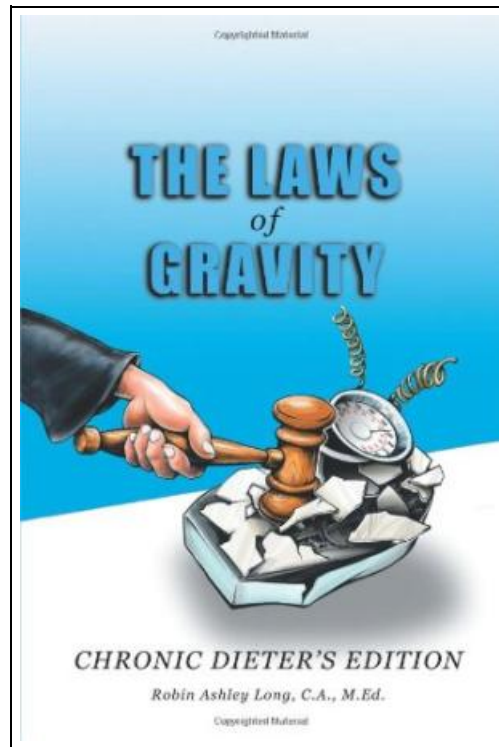


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Reviews

*Very good e-book and valuable one. It can be written in basic words and phrases and not confusing. You will not really feel monotony at whenever you want of your own time (that's what catalogues are for concerning should you check with me).
(Mr. Antwon Frami)*

THE LAWS OF GRAVITY: CHRONIC DIETER S EDITION



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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 eating rituals and relationships and provides a new script and a new way of thinking, living, and being.



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