

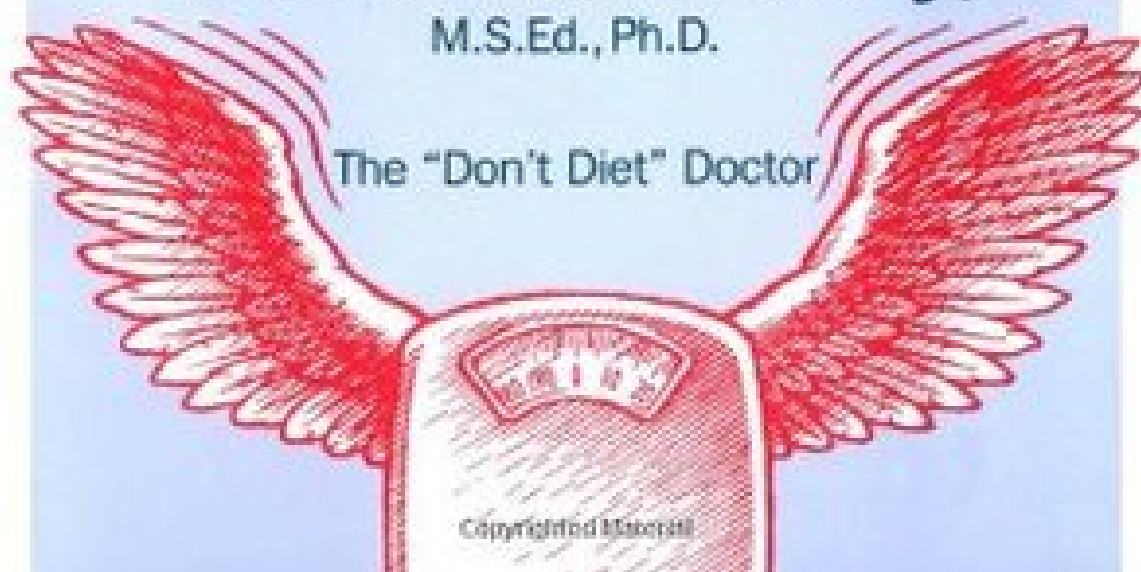
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"If you want to escape the merry-go-round of dieting and diets, read this book."—Larry Dossey, M.D., author of *Healing Beyond the Body*

How Much Does Your Soul Weigh?

Diet-Free Solutions
to Your Food, Weight,
and Body Worries

Dorie McCubbrey,
M.S.Ed., Ph.D.

The "Don't Diet" Doctor



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How Much Does Your Soul Weigh?: Diet-Free Solutions to Your Food, Weight, and Body Worries

Dorie McCubbrey

Dr. Dorie McCubbrey is aware firsthand how tricky it may be to fight with weight and self-image: she began healthy eating plan at age ten, and spent fifteen years fighting anorexia, bulimia, and overeating. A proficient therapist and *How Much Does Your Soul Weigh?: Diet-Free Solutions to Your Food, Weight, and Body Worries* writer of the profitable self-published Dr. Dorie's do not vitamin Book, she techniques obesity through exploring patients'ental attitudes towards themselves *How Much Does Your Soul Weigh?: Diet-Free Solutions to Your Food, Weight, and Body Worries* and their appearance. In this book, she explains her idea of intuitive self-care, helping readers to reconnect with themselves spiritually and emotionally as they paintings to unfastened themselves from guilt, worry, and pointless emotional attachments to food. With its holistic approach, *How a lot Does Your How Much Does Your Soul Weigh?: Diet-Free Solutions to Your Food, Weight, and Body Worries Soul Weigh?* applies to all consuming and obesity from anorexia to obesity. By confronting underlying matters resembling stress, anxiety, and depression, in addition to settling on the mes?hey play with themselves approximately weight, readers can shape a fit experience of themselves and reduce weight naturally. Drawing on her personal inspirational luck story, and case studies, anecdotes, and examples from *How Much Does Your Soul Weigh?: Diet-Free Solutions to Your Food, Weight, and Body Worries* her personal thriving weight-counseling perform (she boasts a 95% good fortune rate), Dr. Dorie units forth the 4 basic character ?chetypes??gid Rachel, ?Searching Sarah, ?Escapist Eric, ?nd ?sy Beth? that have weight problems; the variation among ?ntal?nd ?dy?eight; the ?Secrets of certainly skinny People,? self-assessment quiz that might inform you how a lot your soul weighs, and ?cipes?or good fortune — guidance and workouts that may simply be included into day-by-day life.

solid publication of you may have consuming affliction or life- lengthy fight with wasting weight. this can be an older e-book & does not mirror present research, yet is well at the correct track.

How Much Does Your Soul Weigh Diet Free Solutions To Your Food Weight And Body Worries

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