

The Eden Diet Workbook: You Can Eat Treats, Enjoy Your Food, and Lose Weight



Filesize: 6.91 MB

Reviews

It is simple in go through preferable to comprehend. It is full of wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.

(Leif Predovic)

THE EDEN DIET WORKBOOK: YOU CAN EAT TREATS, ENJOY YOUR FOOD, AND LOSE WEIGHT

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Personalized Fitness Products, LLC. Paperback. Book Condition: New. Paperback. 152 pages. Dimensions: 10.7in. x 8.2in. x 0.6in. (This product is not affiliated with or endorsed in any way by Eden Foods Inc.) The Eden Diet Workbook reinforces and reaffirms the weight loss principles in the main book. It explores the scientific, psychological, emotional, and spiritual aspects of weight loss, and provides practical and useful tools to support the weight loss process. The workbook includes sample prayers, behavior modification skills, tools to identify and overcome the triggers that lead to unnecessary eating, tools for dealing with sabotage, helpful quotations from Scripture, and an endless supply of godly encouragement. Templates are provided for charting success in 30-day blocks and for keeping the food diary when it is indicated. For more information, visit www.TheEdenDiet.com. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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