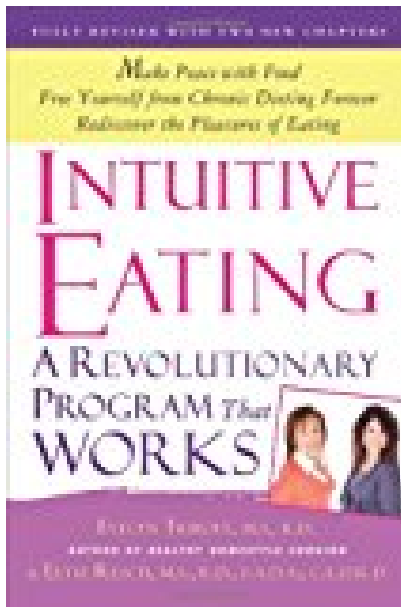


# Intuitive Eating

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## BOOK DETAILS

- Author : Evelyn Tribole M.S. R.D.
- Pages : 368 Pages
- Publisher : St. Martins Griffin
- Language : English
- ISBN : 1250004047

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## BOOK SYNOPSIS

Shows chronic dieters how to restore their intuition about how much food their body needs, how to rediscover the delights of food, how to lose weight naturally, and how to discover their natural weight. Tour.

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