



The Satisfied Soul: Transforming Your Food and Weight Worries (Paperback)

By Shoshana Kobrin Ma Lmft

AUTHORHOUSE, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Is food your enemy and your best friend? Do you ever wonder what your endless struggle with weight and appearance is really all about? It s the soul, not the body, that s starving. Discover the underlying causes of food and weight issues, create a healthy relationship with food and your body, and nourish your starving soul. SHOSHANA KOBRIN has helped countless women cut the cords of their struggle with food and weight. The Satisfied Soul is vividly illustrated by characters based on poignant stories of women in her psychotherapy practice, and her own long history of bulimia. You ll be encouraged by these courageous women who conquered obsessive dieting, bingeing, compulsive overeating, overweight, obesity, bulimia, and anorexia. The Satisfied Soul goes beyond dead-end diet plans with practical tools and a stirring, inspirational approach. Most approaches to overweight, body image concerns, and eating disorders follow the medical model - dieting, attempts to correct negative thought patterns, and strictly monitoring eating habits. That model addresses only symptoms, not fundamental causes. The Satisfied Soul offers you a new direction: exploring the emotional and spiritual state...



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Reviews

If you need to adding benefit, a must buy book. It is packed with wisdom and knowledge I am just effortlessly could get a pleasure of reading a written publication.

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It in a single of my favorite publication. It really is rally interesting throug studying period. Your life period will probably be transform once you total looking at this book.

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