



## The Laws of Gravity: Chronic Dieter s Edition

By Robin Ashley Long C.A. M.Ed

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...



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*Complete guide! Its this sort of good read. It is rally exciting through studying period. I am just pleased to explain how here is the very best publication i have go through inside my own existence and could be he very best publication for at any time.*

-- **Adele Rosenbaum**

*Undoubtedly, this is the best function by any writer. This really is for those who statte there was not a really worth reading. Its been written in an exceptionally basic way which is merely right after i finished reading through this book by which really transformed me, change the way i really believe.*

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