



## Hunger Type Diet

By Lowri Turner

DUNCAN BAIRD PUBLISHERS, United States, 2015. Paperback. Book Condition: New. 196 x 122 mm. Language: English . Brand New Book. The Age of Personalized Dieting is Here! New York--Nourish Books announces the publication of a new type of diet book--one that works with your personal metabolism and hormonal makeup. With so many diet books on the shelf, it can be daunting to pick one. Most of these books promote one type of diet for all, but what about the diet that is designed specifically for YOU? With her newest book, The Hunger Type Diet, journalist and trained nutritionist Lowri Turner has the answer to this question! Rather than just throwing facts and diet tips at you like most of her contemporaries, Turner gets down to the nitty gritty of why you eat the way you do and how to fix it. Combining science, compassion, and humor, Turner presents a no-guilt, no-blame way of understanding the deeply rooted connection between your mood and food. We are all different - physically, mentally, and hormonally - and all of these factors contribute to how and what we eat. Do find yourself reaching for the potato chips when you re feeling upset? Or maybe...



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