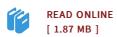




# Mind Over Fork: Escape Dieting to Find the Healthy Lifestyle You Deserve

By Rebecca Turner

Sartoris Literary Group, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Mind Over Fork is not simple tips and the traditional 1500 calorie diet plan we see in many diet books. Instead, Rebecca takes readers on mind and body change in Mind Over Fork utilizing goal setting, visualization and prioritizing techniques. I recommend Mind Over Fork to all my clients who want a plan to improve their life and health. -Shelly Marie Redmond, MS, RD, LDN, Founder, Skinny Louisiana Rebecca Turner provides practical advice that goes beyond the plate to something deeper and more lasting. Unlike other diet programs, this book uses the mind as an access point to specifically identify what is holding the individual back and releasing unprocessed emotions towards food. This release helps people get unstuck in their health rut, increase their self-confidence, and achieve greater success in attaining the healthy lifestyle they deserve. The process laid out in the book will provide a lasting investment in self-development that goes beyond pounds on the scale. The mind-centered approach propels people out of stagnation and into action, ready to conquer the fork with five...



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