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Emotional Eating  
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*Freedom  
From  
Emotional  
Eating Cd  
Dvd*

If you want you  
children to enjoy  
eating apples,  
read this book to

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Emotional Eating  
them: )  
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Want to Build Self  
Confidence?

Looking to Learn  
How to Control  
Your Emotions?

Want to Find Long  
Last Success? If  
you answered  
"YES" to any of  
the above  
questions than

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you'll want to learn about the important role emotional intelligence plays in your everyday life. What is emotional intelligence. Well, emotional intelligence is defined as "our

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capacity to control, be aware of, and express our emotions, while handling our interpersonal relationships both empathetically and judiciously. Emotional intelligence also allows us to

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recognize other  
Cd Dyd  
people's emotions  
and how to use  
that information  
to guide both our  
behavior and  
thinking." This  
book will teach  
you what you'll  
need to do to  
become more  
emotionally

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intelligent and therefore improve your interpersonal connections both at work and home. It will increase your sense of self awareness and allow you to be in control of your emotional state letting you making

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smarter more  
informed choices  
instead of being  
clouded or  
negatively  
affected by your  
feelings. Inside  
You Will Learn: An  
Introduction to  
Emotional  
Intelligence Self  
Perception,

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Mindfulness &  
Cd Dvd  
Emotional  
Intelligence  
Developing  
Emotional  
Intelligence In The  
Work Place  
Improving  
Interpersonal  
Skills & Social  
Interactions 100+  
Skills, Tips &



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Tricks to Improve  
Your Emotional  
Intelligence A  
Guide to  
Emotional  
Intelligence Apps,  
Tests, Books, &  
Resources And  
Much More! After  
you've finished  
with this book, my  
hope is that you'll

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have learned  
some useful tips  
and strategies to  
help you become  
more emotionally  
intelligent. By  
becoming the best  
version of yourself  
you'll unlock  
countless  
opportunities to  
find success in

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both your  
personal and  
professional lives.

Don't Delay.

Download This  
Book Now. Tags:

emotional  
intelligence,  
confidence,  
communication,  
interpersonal  
skills, emotions,

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success, personal  
development, self  
awareness,  
positive  
psychology  
Get Your Hands  
On 139 Health  
Tips Scientifically  
PROVEN to WORK  
(41 Of Them Are  
GUARANTEED to  
Surprise You!)

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From the best  
selling author,  
Linda Westwood,  
comes Health (4th  
Edition): 139  
POWERFUL &  
Scientifically  
PROVEN Health  
Tips to Boost Your  
Health, Shed  
Pounds & Live  
Longer! This book

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will help you start  
changing your life  
and your health  
forever! If you are  
trying to lose  
weight, but can't  
see any results...  
If you're  
constantly feeling  
tired, lazy, or  
lethargic  
throughout the

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day... Or do you  
want to feel and  
look more healthy  
than you have in  
years... THIS  
BOOK IS FOR YOU!  
This book provides  
you with a HUGE  
139 health tips  
that have been  
specially collected  
to powerfully work

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on your body in  
days, NOT weeks  
or months! (41 of  
them are also  
scientifically  
proven and  
guaranteed to  
surprise you!) It  
comes with tons  
of information,  
explanations of  
why the tips are



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recommended,  
and all the  
actionable steps  
that you need to  
implement the  
tips IMMEDIATELY  
into your life! If  
you successfully  
implement JUST A  
FEW of these  
health tips, you  
will... - Start losing

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weight without  
working out as  
hard - Begin  
burning all that  
stubborn fat,  
especially belly  
fat, thigh fat and  
butt fat - Say  
goodbye to inches  
off your waist and  
other hard-to-lose  
areas - Learn how

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you can live a  
healthier lifestyle  
without trying -  
Transform your  
body and mind in  
less than 3 weeks  
- Get excited  
about eating  
healthy and  
working out -  
EVERY TIME!  
READ LOSE

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**WEIGHT NOW AND  
SOLVE YOUR  
WEIGHT PROBLEM  
EASILY AND  
PAINLESSLY.**

Based on the most  
successful self-  
help stop-smoking  
method of all  
time, Lose Weight  
Now is a new,  
accessible form of

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the bestselling  
Easyway method.

Updated and set  
out in a clear,  
easy-to-read  
format, this book  
makes it simpler  
than ever before  
to get free. • A  
UNIQUE METHOD  
THAT DOES NOT  
REQUIRE

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WILLPOWER •  
REMOVE THE  
PSYCHOLOGICAL  
NEED TO EAT  
JUNK FOOD •  
BANISH  
EMOTIONAL  
EATING • REGAIN  
CONTROL OF  
YOUR LIFE • MAKE  
EATING A  
PLEASURE AGAIN

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\*\*Includes

hypnotherapy

CD\*\* What people

say about Allen

Carr's Easyway

method: "Your

journey through

Allen Carr's book

will be a

revelation in

discovering how

simple the answer

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to weight control  
can be." Dr PM  
Bray MB, CHb,  
MRCGP "The Allen  
Carr program was  
nothing short of a  
miracle." Anjelica  
Huston "I was  
exhilarated by a  
new sense of  
freedom." The  
Independent "A



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different  
approach. A  
stunning success."

The Sun  
Emotional  
Intelligence  
Whole Weigh  
Dancers Between  
Realms  
The Portal to Your  
Inner World  
Phytonutrient

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Emotional Eating

Gardening

Biggest Loser

Families

Talk, Think, Feel

Your answer is  
always within your  
question. Dr. Fuller  
teaches you to ask  
the right question for  
your diet & body  
image success.

The Tapped Out

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Guided Journal gives you a step-by-step process to create a personal tapping experience so you can reduce stress and achieve balance and calm.

Talk, Think, Feel is an exploration of emotions in children with cancer, their

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families, and the doctors who take care of them. In this thought-provoking work, Nathaniel Bayer offers insight into the emotional side of medicine and the range of feelings that pervade pediatric oncology and life in general.

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This book is a collection of reflections, stories, observations of clinical encounters, and extensive direct quotes from interviews Bayer conducted with twenty pediatric oncologists across the United States.

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The narrative voices are illuminating in their candor and provide a window into the thoughts of doctors and the close relationships they share with patients.

The poignant vignettes-about the lives and even the deaths of children

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with cancer-serve as  
a way for readers to  
further understand  
the illness  
experience and to  
reflect on their own  
emotional responses.  
This book is part of  
an increasingly  
important  
conversation about  
the role of emotions

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in medicine. Join the  
discussion.

Emotional eating is  
the number-one  
cause of obesity in  
the Western world.  
In a society that fails  
to meet our human  
needs, millions of  
people medicate  
themselves with  
second-best



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solutions—drinking, drugs, shopping, and the Western drug of choice: eating. But Paul McKenna has cracked the code!

"Just when I thought there was nothing more to learn about weight loss, I have discovered the most amazing

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Emotional Eating  
Cd Dvd

breakthrough ever,"  
says Dr. McKenna.

"It's the fastest,  
safest, most  
powerful way ever  
to change the  
systemic imbalances  
that cause  
overeating. This  
breakthrough will  
change what you eat,  
improve how you

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feel, and massively increase your success in every area of your life." This amazing new system gets beneath the issue of weight loss to eradicate the root cause of overeating. The program in this book, with downloadable video

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and audio NLP and  
guided hypnosis  
techniques, brings  
about dynamic,  
lasting change—a  
gentle breakthrough  
that transforms your  
body, your  
relationship to food,  
and your entire life  
one day at a time to  
bring you freedom,

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success, and a sense of security and joy that is currently beyond what you can imagine. Paul McKenna can help overweight people escape from the unsatisfying cycle of frustration and self-medication with food. He can help

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them find the inner strength to feel confident and happy so they can stop being taken advantage of by the hate-your-body diet industry and feel an inner sense of peace, comfort, and control even in the most challenging

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Emotional Eating  
situations.

Love Food, Lose  
Weight

Pirates Have

Feelings, Too!

Eating Disorders

The Healing Power  
of Food and Diet -

Curing Yourself

Through Ancient

Dietary Practices

A Practical Guide to

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Improving Your Eq  
Eat Less, Sleep  
More, and Slow  
Down

The Amazing Munro  
Method - Heal Your  
Emotional Self!

**Straight from  
the hit TV  
show, The  
Biggest Loser  
Families will**



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Emotional Eating  
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**help change  
your diet and  
exercise habits  
- and change  
your life in the  
process! Inside  
you'll find a  
fitness program  
to help you lose  
weight at a  
healthy pace,  
plus more than  
70 healthy**

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**recipes with full-  
colour  
photography.  
Jam-packed  
with advice  
from  
nutritionists  
and trainers  
who work on  
The Biggest  
Loser TV show,  
this book will  
help transform**

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**your body and  
your life. There  
is advice for the  
entire family,  
from children to  
adults, and  
tailored eating  
and exercise  
plans. Sections  
include Weight  
Loss Basics,  
Nutrition for  
Kids, Food for**

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**Sport, Getting  
Active, Cooking  
Basics, and  
Fitness**

**Programs. Also  
included are  
meal planners  
plus shopping  
lists and tips  
for preparing  
healthy food.**

**How many diets  
have you been**

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Emotional Eating  
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**on? And how many times did you take weight off and put it back on?**

**Dieting has more than a 90% failure rate. So, why try another diet? This book is jam packed with**

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Cd Dvd  
**information  
about the  
futility of  
dieting, and  
guides you to a  
more holistic  
way of relating  
to yourself,  
food, and  
physical  
activity. In this  
book you will  
learn: The 7**

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**reasons why  
diets set you up  
to fail The 3  
core strategies  
to escape  
chronic dieting  
The 7  
dimensions of  
whole living  
The 3 practices  
for optimal  
health The book  
also raises**

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**questions about  
the theory of  
emotional  
eating and  
warns of an  
increase in  
eating  
disorders as the  
war on obesity  
escalates.  
While reading  
this book you  
will have many**



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**ah-ha moments  
that will bring  
you inner  
peace, self-  
confidence and  
free you from  
the perils of  
dieting.**

**The Amazing  
Munro Method  
is a practical  
guide to a  
fascinating new**

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**emotional &  
spiritual  
healing techniq  
ue. Written in  
large print with  
simple  
diagrams &  
explanations,  
the book  
explains how  
emotions are  
created and  
introduces a**

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**fresh new,  
natural solution  
for removing  
problem  
emotions and  
soothing a  
troubled  
Soul.To journey  
with The Munro  
Method is to  
sink deeply into  
your inner  
senses and**

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**discover a  
fascinating  
emotional  
ecology that  
powers  
life. Adventurer  
s use their own  
emotional  
challenges and  
hidden hates &  
hurt to  
transform fear,  
addiction,**

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**insecurity &  
anger etc. into  
a profound  
sense of inner  
peace. The  
Munro Method  
uses everyday  
language to  
explain why you  
have emotions,  
how your body  
makes them  
and how to**

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**access, edit and  
change what  
you feel. There's  
an assortment  
of easy to  
follow  
meditations  
that help you  
start healing  
straight away.  
The book also  
includes links  
to 10+**

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downloadable  
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audio versions

of the most  
popular  
meditations  
that guide you  
step by step  
through your  
feelings, and  
into a new way  
of living &  
loving  
life! Suitable for

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**all levels of skill  
and ability.**

**Harness The  
Power Of The  
Fruit Diet! Lose  
Weight, Boost  
Your Energy  
Levels & Feel  
Fantastic Are  
You Ready To  
Improve Your  
Life With The  
Fruit Diet? If So**



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**You've Come To  
The Right  
Place... Here's  
A Preview Of  
What This  
Fruitarian Diet  
Book  
Contains... An  
Overview of  
Fruitarianism  
The Beauty of  
Being a  
Fruitarian Is**

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**The Fruitarian  
Diet Right For  
You? Here's  
Who Will  
Benefit Most...  
The Select Few  
Who Should Not  
Implement A  
Fruit Based  
Diet \*\*Must  
Read\*\* The  
Typical  
Fruitarian Diet**

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**Simple Fruits  
Explained  
Compound  
Fruits  
Explained Nuts  
& Seeds - A  
Necessity For  
The Fruitarian?  
Transitioning  
To the  
Fruitarian Diet  
Correctly  
Understanding**

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**the Different  
Fruitarian Diets  
(Survivor,  
Modern etc.)  
Developing  
Your New Meal  
Plan A Plethora  
Of Fruitarian  
Diet Recipes  
For You To  
Enjoy! Buying,  
Storing, and  
Preserving**

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**Fruits And  
Much, Much  
More!**

**Get Powerful  
Health and  
Nutritional  
Secrets**

**Late Bloomer  
How I Dropped  
100 Pounds  
Enjoying Carbs,  
Cocktails &  
Chocolate-and**

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**You Can Too!  
You Can Drop  
It!**

**The Body Fat  
Solution  
Minding the  
Body, Mending  
the Mind  
A Guided  
Journal Using  
Eft to Overcome  
Stress**

***The New York***

*Page 62/220*

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***Times bestseller --***

***"practical, easy to  
understand, and***

***based on solid  
research that you***

***can trust...an  
inspiring***

***exploration of  
what it means to***

***be fully human"***

***(Andrew Weil, MD)***

***Based on Dr.***

***Borysenko's***

*Page 63/220*

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***groundbreaking  
work nearly thirty  
years ago at the  
Mind/Body clinic in  
Boston, Minding  
the Body, Mending  
the Mind continues  
to be a classic in  
the field, with time-  
tested tips on how  
to take control of  
your own physical  
and emotional well-***



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***being. The clinic's dramatic success with thousands of patients -- with conditions ranging from allergies to cancer -- offers vivid proof of the effectiveness of the mind/body approach to health and its power to transform your life.***

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***With tips on how  
to elicit the mind's  
powerful  
relaxation  
response to boost  
your immune  
system, cope with  
chronic pain, and  
alleviate  
symptoms of a  
host of stress-  
related illnesses,  
this book is a must-***

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***have for anyone  
interested in  
taking an active  
role in their own  
healing.***

***The Portal To Your  
Inner World is a se  
lf-awareness/self-  
help book. The self-  
awareness aspect  
of the book  
describes what is  
going on inside us***

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***when we have  
extreme emotions,  
feelings, and  
thinking that leads  
to disruptive and  
self-defeating  
behavior. The self-  
help aspect  
describes a  
process to change  
and eliminate  
disruptive  
emotions,***

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*thinking, and behaviors. This process is called Stored Feelings Reintegration. The self-help approach is not to talk our self into changing our thoughts. It's about, even requires, a different way of looking at what*

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***happens inside  
our body and mind  
when our  
emotions are  
causing us  
problems. This  
change of  
perspective offers  
an inward pathway  
which enables our  
emotions, mind,  
and body to come  
together for***

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***positive change.  
When the world  
says, "Let your  
emotions lead  
you," we as Christ-  
followers must  
find a different  
course, navigating  
through the minor  
whirlpools,  
unpredictable  
winds, and  
sometimes***

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**ferocious  
hurricanes.**

***Christ's words and  
actions guide our  
ships into deeper  
waters and beyond  
to the other shore.  
This book explores  
scriptural  
anchoring points,  
personality  
influence, and past  
experiences to***



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*give us a new  
vision of the  
weighted tension  
between letting  
loose with our  
feelings or  
cinching up and  
ignoring them  
altogether. As  
human beings, we  
are created with  
emotional  
dimension, and*

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***within Christ, we  
are called to  
surrender these  
feelings, using  
them in a healthy  
and biblical way.  
A program for  
permanent weight  
loss and building  
muscle explains  
how to break  
overeating habits,  
reveals why it is so***

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***challenging to  
balance calories  
and exercise  
appropriately, and  
shares guidelines  
for eating  
nutritionally  
without eliminating  
food groups.***

***40,000 first  
printing.***

***Perspectives of  
Doctors, Children***

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*with Cancer, and  
Their Families*

*The Book on  
Internal STRESS  
Release*

*Navigating a Sea  
of Emotions*

*A History*

*How to Lose*

*Weight, Feel Great*

*& Improve Your*

*Health With the*

*Fruit Diet*

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***A Guide to  
Understanding,  
Growing and  
Eating***

***Phytonutrient-rich,  
Antioxidant-dense  
Foods. Vegetables  
The Cure for Your  
Eating Issues***

***"Appalachian  
Daughter grabbed  
me Friday  
afternoon, and***

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*except for the  
time for  
sleeping and  
necessary  
duties, did not  
turn me loose  
until I finished  
it Saturday  
afternoon."*

*Early Reader  
This coming-of-  
age novel  
depicts the  
trials,*

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*triumphs, and  
tragedies that  
befall Maggie  
Martin, the  
eldest of eight  
children whose  
family struggles  
to make ends  
meet on a hilly  
farm in Campbell  
Hollow, a narrow  
mountain valley  
in East  
Tennessee. On*

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*the last day of  
eighth grade,  
Maggie begins to  
dream of finding  
a way to escape  
the drudgery and  
confinement of  
life in the  
hollow and  
establish her  
independence.  
Her plan begins  
to fall in place  
when she enters*



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*high school and discovers she has a natural talent for excelling in shorthand, typing and other business classes.*

*Meanwhile she spares no effort in helping her family continue to survive*

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*despite their  
poverty, a less  
than fertile few  
acres, and a  
family history  
of instability.  
She strives to  
fit in at high  
school in spite  
of the harsh  
limits placed on  
her by her hot-  
tempered,  
authoritarian*

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*mother, Corie  
Mae. She often  
turns for  
support to her  
easy-going  
father Ray, who  
sometimes  
intervenes to  
overrule Corie  
Mae's  
restrictions. As  
she goes about  
her life, doing  
her school work*

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*and helping out  
at home, she  
interacts with  
interesting,  
unforgettable,  
and sometimes  
dangerous  
characters,  
including a  
mentally  
challenged  
neighbor, an  
escaped convict,  
and a lecherous*

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*employer. She is forced to make decisions and take actions that would be difficult for a much older adult. Maggie meets each challenge with determination, imagination, and courage whether it's cutting a*

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*pitchfork from a  
mare's tail or  
helping to  
deliver her baby  
sister. The  
typical spoken  
language,  
folkways, and  
traditional  
beliefs and  
religious  
practices are  
skillfully woven  
into this*

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*portrait of  
Appalachian  
family life. The  
author's  
sympathetic  
insights into  
mountain culture  
combined with  
memorably etched  
characters and  
events create a  
realistic  
reflection of  
Tennessee*

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*mountain life  
during the  
decade following  
WWII. Maggie's  
life takes an  
unexpected turn  
when her cousin  
JD reveals a  
dark secret that  
could shatter  
the family.  
Maggie struggles  
to maintain her  
dreams of a*



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better life

amidst the many  
trials that will  
test the grit of  
this Appalachian  
Daughter. "I  
absolutely loved  
the story! I  
really think  
that the  
thoughtful  
approach to the  
main character's  
life situations

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Emotional Eating

*will be*

*meaningful to  
girls and boys  
who read the  
book." Early  
Reader*

*It has been  
estimated that  
as many as 15  
million people  
suffer or will  
suffer from  
anorexia and  
bulimia at some*

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Freedom From  
Emotional Eating  
point in their  
lives.

*Additional  
statistics  
suggest that 25  
million more  
suffer from  
binge eating and  
other related  
behaviors. The  
overwhelming  
majority of  
individuals who  
suffer from*

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*eating disorders  
are girls and  
young women  
between the ages  
of 12 and 25,  
but young males  
are not immune  
to these  
addictions—and  
the statistics  
grow more  
alarming every  
year. Eating  
disorders affect*

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Emotional Eating

*not only those  
who suffer from  
them, but family  
members and  
friends who feel  
powerless to  
help. In Eating  
Disorders: The  
Ultimate Teen  
Guide, Jessica  
R. Greene offers  
hope for the  
young women and  
men who have*

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Freedom From  
Emotional Eating  
Cd/Dvd

*engaged in these  
self-destructive  
urges. In this  
book, Greene  
examines the  
causes and  
varieties of  
teen eating  
disorders and  
offers advice on  
how to overcome  
them. The author  
looks at how  
eating disorders*

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Emotional Eating  
Cd, Dvd

*are defined, how  
common they are,  
and how they are  
tied into  
behavioral  
addictions. In  
addition to  
explaining how  
and why certain  
people suffer  
from these  
compulsions,  
this book looks  
at: Social and*

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**Cultural**

**Pressures High**

**Risk Groups**

**Myths and**

**Stereotypes**

**Health**

**Repercussions**

**Methods of**

**Prevention**

**Intervention**

**Strategies**

**Treatment**

**Options Recovery**

**Intended to**



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Emotional Eating

*serve as a comprehensive guide, this book also includes a list of resources for teens and their parents. Drawing on input from experts in the field, as well as real-life stories, Eating Disorders: The*

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*Ultimate Teen  
Guide will help  
young adults who  
are struggling  
with this  
devastating  
affliction.*

*McKenna's system  
is not a diet;  
instead, he uses  
the latest  
psychological  
techniques to  
transform the*

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Emotional Eating  
Cd/Dvd  
way you think  
about food.

Joe Urbach, the  
creator and  
publisher of Gar  
deningAustin.com  
and the  
Phytonutrient  
Blog provides  
readers with a  
how-to guide to  
growing and  
purchasing the  
most healthy,

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*most nutritious,  
most antioxidant-  
dense fruits and  
vegetables.*

*Offers gardening  
and nutritional  
information,  
including how to  
improve your  
soil, your  
garden, and your  
health, allowing  
you to get the  
biggest*

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Emotional Eating  
nutritional bang  
Cd Dvd  
for your  
gardening or  
shopping buck.  
Emotional  
Intelligence  
Mastery  
The Ultimate  
Teen Guide  
Mercury Living  
Presence LPs and  
CDs  
Tapped Out  
139 POWERFUL and

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Emotional Eating  
Cd/Dvd  
**Scientifically  
PROVEN Health  
Tips to Boost  
Your Health,  
Shed Pounds and  
Live Longer!  
Why Going Vegan  
Will Save Your  
Life  
Includes Free  
Hypnotherapy  
Audio  
In this much-**

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Cd, Dvd

***anticipated  
follow-up to 50  
Ways to Soothe  
Yourself  
Without Food,  
renowned  
nutrition expert  
and New York  
Times best-  
selling author of  
Eat Q, Susan  
Albers delivers***

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***fifty more highly effective ways to help you soothe yourself without eating—leading to a healthier, happier life! If you're an emotional overeater, you may turn to food to cope with***



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Cd, Dvd

***stress and  
sadness,  
enhance joy, and  
bring a sense of  
comfort. But,  
over time,  
overeating can  
cause weight  
gain, heart  
disease,  
diabetes, and  
many other***

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Emotional Eating  
health  
Cd, Dvd

***problems. In 50  
More Ways to  
Soothe Yourself  
Without Food,  
you'll find fifty  
more mindful  
and healthy  
activities to help  
you replace your  
need to overeat.  
Based in***

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Emotional Eating

***popular  
mindfulness  
practices, this  
book will show  
you how to slow  
down and be  
present during  
mealtime so  
that you end up  
making  
healthier  
choices. In***

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Cd, Dvd

***addition, the activities in the book—such as yoga, aromatherapy, and breathing exercises—will help you gain a greater overall sense of well-being and appreciation for***

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Emotional Eating  
Cd Dvd

***your body. If  
you're ready to  
stop using food  
as an emotional  
crutch, and start  
feeling healthy,  
happy, and truly  
fulfilled, this  
book offers fifty  
more ways!***

***Follow These  
Easy Vegan***

Page 109/220

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Emotional Eating  
Cd Dvd

***Recipes To Lose  
Weight, Feel  
Great And Learn  
How To Eat  
Better Are you  
tired of silently  
insulting  
yourself when  
you pass by a  
mirror? Are you  
constantly  
exhausted and***

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Emotional Eating  
Cd Dvd

***filling your body  
with horrible  
sources of  
edible fuels in  
an effort to keep  
going? Do you  
want to eat  
healthier but do  
not know where  
to start? If any  
or all of these  
questions***

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Freedom From  
Emotional Eating  
Cd Dvd

***pertain to you,  
then you have  
stumbled across  
just the right  
book! The  
Vegan Power:  
120 Easy Vegan  
Recipes For  
Beginners is the  
perfect starter  
pack that one  
needs to get***



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Emotional Eating

***educated,  
become***

***captivated and  
stay motivated  
as you conquer  
your excess body  
fat! If you are  
sick of hearing  
about and  
wasting time on  
fad and trendy  
diets, then the***

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Emotional Eating

***Vegan diet may  
be just the  
break you have  
needed all  
along! This diet  
is all about  
eliminating  
animal products  
from your plate  
and eat the  
healthy way. As  
you shift your***

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Emotional Eating  
Cd/Dvd

***diet, you will  
begin to notice  
drastic changes  
as your  
metabolism is  
dusted off and  
kicked back into  
gear! Here Is A  
Preview Of What  
You'll Learn...  
What the Vegan  
Diet is and why***

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***it is popular  
among***

***thousands of  
people The  
benefits of  
utilizing the  
Vegan Diet in  
your life Tips to  
stay on track as  
you conquer  
your diet the  
Vegan Diet way***

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Emotional Eating

**Yummy**

**breakfast**

**recipes that will**

**fuel you the**

**right way for**

**your day Tummy-**

**flying lunch**

**recipes that will**

**leave your co-**

**workers jealous**

**Fulfilling snack**

**recipes to get**

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***your through  
those binge-  
snacking times  
of the day  
Delectable  
dinner recipes  
that you will be  
excited to share  
with family and  
friends Easy to  
make soup and  
salad recipes to***

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***pair with other  
entrees or feel  
free to consume  
solo Tongue-  
tingling dessert  
recipes that will  
not leave you  
feeling  
unsatisfied Mou-  
th-refreshing  
smoothies  
Much, much***

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Emotional Eating  
Cd Dvd

***more! Isn't it  
about time that  
you took your  
life back? Isn't  
it about time  
that you truly  
treated your  
body like the  
temple it has  
always meant to  
be? YES! The  
vegan diet will***



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Emotional Eating  
Cd Dvd

***teach you how  
to properly  
balance out your  
diet so that you  
are fueling your  
body the way  
that it is meant  
to run. Are you  
ready to start  
feeling  
energized and  
ready to take on***

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***the day? Are you  
ready to not be a  
victim of mid-  
day snacking  
that leads to  
that extra fluff  
around your  
waist? I know  
everyone wants  
a change when  
it comes to how  
they look on the***

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Emotional Eating  
**outside. But  
what will it take  
to motivate you?  
The Vegan  
Power: 120 Easy  
Vegan Recipes  
For Beginners  
takes the  
guessing work  
out of trying to  
figure out the  
secrets of this**

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***successful diet  
from the means  
of the Google  
search bar. You  
will not only  
learn the depths  
of a new diet,  
but you will  
learn a skill and  
develop a taste  
for delicious  
recipes and***

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Emotional Eating  
Cd Dvd

***edibles that are  
going to work  
for you, not  
against you. It is  
time to make a  
change! And it  
all starts with  
you, and  
perhaps the  
purchase of this  
book. Get your  
copy today!***

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**Good luck!**

**Most Registered  
Dietitian**

**Nutritionists**

**Couldn't Claim**

**This— “I Lost**

**100 Pounds and**

**Now I'm Sharing**

**How I Did It**

**with You!”**

**MORE THAN**

**240,000**

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Emotional Eating  
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***CLIENTS CAN'T  
BE WRONG! My  
name is Ilana  
Muhlstein and I  
wrote You Can  
Drop It! to help  
you learn my  
personal and  
proven system  
to drop weight  
and keep it  
off—without***

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Emotional Eating  
Cd Dvd

***sacrifice—and  
it's so simple  
that you'll love  
it! This unique  
approach has  
become famous  
thanks to my  
renowned 2B  
Mindset  
program. The  
2B Mindset is  
designed with***



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Emotional Eating  
Cd, Dvd

***the built-in  
ability for  
customization  
so that it is  
optimally  
effective and  
can work for  
everyone. It has  
already helped  
thousands of  
people lose  
weight—some***

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Emotional Eating  
Cd Dvd

***more than 100  
pounds—while  
never asking  
them to go  
hungry or cut  
out the foods  
that they love.  
You Can Drop It!  
doesn't just give  
you the key  
knowledge you  
need to lose***

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Emotional Eating  
Cd, Dvd

***weight. It adds  
motivational  
principles and  
real-life  
examples and  
it's the perfect  
complement to  
my successful  
program. No  
counting  
calories! No  
portion control!***

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Emotional Eating

***No feeling  
hungry! No off-  
limits foods! No  
exercise  
required!***

***Finally—weight  
loss with  
FREEDOM!***

***Here's Exactly  
Why YOU CAN  
DROP IT! Will  
Work: You're***

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Freedom From  
Emotional Eating  
Cd, Dvd

***going to feel full  
and satisfied.  
(You can still  
eat comforting  
foods, in big  
portions, and  
enjoy 50+  
delicious recipes  
inside.) You'll  
eat the foods  
you love.  
(Nothing is off-***

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Emotional Eating  
Cd Dvd

***limits, not even  
dessert or a  
glass of wine.)  
You'll be in  
control. (Say  
goodbye to  
emotional and  
mindless  
eating.) You can  
finally keep off  
the weight!  
(These powerful***

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Emotional Eating  
Cd, Pdf

***weight-loss tools  
will be yours for  
life.) The 2B  
Mindset method  
changed my life  
and thousands  
of others. With  
this book, you'll  
learn how you  
can do it, too.  
Best of all, you  
won't be doing***

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Emotional Eating  
Cd Dvd

***it alone! Join me  
now and let's  
get started with  
a journey into  
the mindset that  
will give you a  
lifetime of  
feeling strong,  
lean, confident,  
happy and  
healthy! I  
struggled with***



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Emotional Eating  
Cd Dvd

***yo-yo dieting the whole first half of my life. I was always the big one in the group. By the time I turned 13, I weighed over 200 pounds, and I felt terrible about myself.***

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***That's when I realized I had to break the cycle. Through trial and error, and lots of research, I discovered a simple and effective way to lose weight, while still eating large portions***

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***and the foods I  
loved. Over  
time, I lost 100  
pounds, and  
kept the weight  
off. . . even after  
having two  
beautiful  
children. My  
secret? It's  
called the 2B  
Mindset. It has***

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Cd Dvd

***helped  
thousands of my  
clients lose  
weight too— and  
now it will help  
you. I've helped  
more than  
240,000 people  
between my  
private practice  
and the 2B  
Mindset***

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Cd, Dvd

***program— and  
this impressive  
group is  
growing by the  
day. I am  
committed to  
getting everyone  
within our  
growing  
community the  
results they  
want and***

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Emotional Eating  
Cd Dvd

***deserve and I  
look forward to  
helping you, too.  
That's why I  
spend so much  
time working  
with my Mindset  
Membership co  
mmunity—which  
you will love  
being a part of  
as you read this***

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Emotional Eating  
Cd Dvd

***book and  
beyond. That's  
where I host live  
Q&As, have one-  
on-one sessions,  
provide new  
meal plans and  
add new recipes  
every single  
week. Now it's  
your turn to  
finally get the***

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Emotional Eating

***body you  
want—and I  
have every tool  
here for you to  
do it! What fans  
are saying about  
You Can Drop It!  
“What I love  
about Ilana is  
that, in addition  
to her  
impressive***



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Emotional Eating

**degrees**

**(plural!), she's a**

**typical woman**

**facing the same**

**food issues most**

**of us deal with**

**every day, just**

**like me. In You**

**Can Drop It!,**

**she'll be**

**brutally honest**

**about the**

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Emotional Eating  
*struggles she  
went through  
when she was  
obese, what she  
learned in her  
years of study,  
and how she  
maintains her  
incredible  
weight loss  
today. The 2B  
Mindset is*

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Cd, Dvd

***rooted in the  
soundest of  
nutritional  
intelligence, but  
it also comes  
from a place of  
truth.” -Lisa  
Lillien, Founder,  
Hungry-Girl.com  
“I’m more  
confident, have  
more energy,***

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***and radiate  
happiness now.  
It's really  
working for me  
in a way that  
nothing ever  
has.”—Bethany  
J. lost 80 lbs\*  
and kept going  
“I'm able to  
keep the weight  
off! Losing***

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***weight for me  
was like pulling  
teeth the old  
way. It's not like  
that anymore.”—  
Darlene D. lost  
70\* lbs and kept  
it off “I feel  
great!***

***Everything has  
changed and I  
feel more***

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Cd Dvd

***confident than  
ever. Start at  
your next  
meal.”—Michael  
S. lost 38.5\*  
pounds and  
loves it \*Results  
vary based on  
starting point  
and effort and  
following  
Beachbody’s***

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***exercise***

***programs and***

***Ilana's 2B***

***Mindset***

***program.***

***Includes Team***

***Beachbody***

***Coaches.***

***Whether it's***

***your daily***

***dealings at work***

***or a pervasive***

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***concern for your  
physical safety,  
the stress you  
regularly  
experience may  
actually be more  
harmful than  
the threat that  
triggered it. Not  
only can it lead  
to isolation and  
an erosion of***



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***happiness,  
stress can be  
biologically  
harmful,  
bringing about  
health issues,  
such as heart  
disease, high  
blood pressure,  
ulcers, and  
strokes. In  
short,***

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***successfully  
managing stress  
could be  
nothing less  
than a life-or-  
death situation.  
Now,  
professional  
biofeedback  
practitioner  
Harry L.  
Campbell***

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**presents "What  
Stress Can Do,"**

**his**

**unprecedented  
guide to the**

**importance of  
minimizing**

**everyday stress**

**in order to short-  
circuit its many**

**serious side**

**effects. What's**

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***more, his easy-to-implement recommendations enable you to do so without use of any drugs. Recent data on the prevalence of stress documents that as much as 90 percent of all***

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***doctors' office  
visits are related  
to stress.***

***However, with  
the right skills  
and perspective,  
you can preempt  
the physical  
fallout from the  
tolls of daily  
life, and gain  
new mastery***

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***over your mind.***

***The time is right  
to take a step  
back, breathe  
easy, and once  
and for all  
address all that  
ails you.***

***Empath Energy,  
Beyond Empathy  
A Realistic  
Guide to***

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***Balancing Body,  
Soul, & Spirit  
3 Week Diet  
Vol 2: Apples  
Scale Down  
Emotional  
Mastery  
100+ Skills,  
Tips, Tricks and  
Techniques to  
Improve  
Interpersonal***

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***Connection,  
Control Your  
Emotions, Build  
Self Confidence  
and Find Long  
Lasting Success!  
(EQ Mastery,  
Emotional  
Health, Self  
Awareness,  
Emotions,  
Positive***



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For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for

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their bodies and  
minds. We are  
dedicated to  
providing in-depth,  
thoughtful editorial  
on topics such as  
yoga, food, nutrition,  
fitness, wellness,  
travel, and fashion  
and beauty.

Table of Contents  
Introduction Why  
You Should Never  
"Diet!" One Food

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Foods Which

“ Oppose ” Each

Other Foods That

Complement Each

Other The Necessity

of Fat in Your Diet

The Myth of Calories

Conclusion Author

Bio Publisher

Introduction I

decided to write this

book when I saw a

number of my friends

following fatty diets

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with no proteins, low calories, no carbohydrates or anything else being promoted by any sort of person who called himself a dietitian and had good PR behind him. And I began to think. If these people were put in situations when they could not get food to eat, and

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had to survive with their body starving, they would not treat food with such casual contempt. However, they were starving their bodies of essential nutrients out of sheer ignorance. They wanted to get thin. Many of them were genetically programmed

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towards obesity.

Others began gaining weight due to the body reaching a stage when it was in such a desperate condition that malnutrition had set in. And that is why it was putting on weight as a last resort in order to protect the body from any sort of future

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starvation. This book is going to tell you all about ancient food eating practices followed by the wise men of yore. If you say, I cannot do without my potato chips, or my sugar fix, well, you are not ready to live a lifestyle which were followed by our ancestors all over the

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world, millenniums ago. They ate nourishing food. And they were thankful for what they got. They did not bother much about silly newfangled ideas about calories and in the amounts of calories required to keep you healthy and strong. This of course is a fallacy and is a



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silly myth, which I am  
going to explain to

you later on, but at  
the moment I am

going to tell you  
more about how

foods were used to  
heal a number of

diseases down the  
ages, and naturally.

A revised and

updated full-colour

edition of the weight-

loss classic *Would*

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you like to eat  
whatever you want  
and still lose weight?  
Would you like to feel  
really happy with  
your body? Are you  
unable to lose those  
last 10 pounds? Do  
you find it difficult to  
say no to second  
helpings? Do you get  
disheartened about  
your eating habits  
and your weight?

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and beliefs about yourself, your health and food to help you easily take control of your diet and lose weight permanently. As you use Paul's amazing system, the latest psychological techniques will automatically help you to start losing weight straight away! You can use it again

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and again to make  
you feel happier  
about yourself as you  
go all the way to your  
ideal shape, size and  
weight.

This book is primarily  
concerned with the  
classical music  
catalog of Mercury  
Living Presence  
recordings recorded  
and published by the  
Mercury Record

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Corporation. Mercury Records made some of the finest and most natural sounding audio recordings ever made, mostly of excellent and committed performances of classical music. But this is not a history of Mercury records or even of the Living Presence series of

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recordings. My main focus was to create a list of all the Mercury Living Presence classical records. I am mostly interested in the stereo recordings, but there are also many earlier mono recordings of great interest, too, so I have included those also. Specifically, what is included is

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information on the SR 90000 series of stereo recordings and the MG 50000 series of mono recordings, but there is also a listing of the Wing classical reissue series. \*\*\*\*\* Decades ago, when I began collecting Mercury records, and years later when I started collecting the CDs, I



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was looking for a complete list of all the Mercury Living Presence records and later the CDs. Though I found some information that was helpful, to get what I wanted, I had to make the list myself. I started with lists of records on the record sleeves of the albums, got some

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information from The  
Absolute Sound!  
magazine, and in the  
internet age, found  
useful information on  
several internet sites,  
but mostly to get the  
list I wanted, I had to  
dig up the  
information and  
build it myself.  
Having completed  
the list, it occurred to  
me that other

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collectors might find it helpful, too. So I put together a group of databases and spreadsheets in Microsoft Excel and Microsoft Works database format files and issued the databases I had created on a CD-rom disc in early 2013. By that time I had all the original series of CDs

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mastered by Wilma Cozart Fine, and many of the records that had been reissued on CD, and virtually all of the stereo records not issued on CD, plus most of the mono records in which I had a strong interest. Now it is available as a book. Among other things it includes the

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following lists:

Complete Mercury  
Living Presence CDs,  
including every CD,  
with its track  
information,  
identifying  
Composer, title,  
soloist, conductor,  
orchestra, CD #, LP  
where originally  
published, and  
recording date.

Complete Mercury

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Living Presence LPs  
including every LP  
with its track  
information  
identifying  
Composer, title,  
soloist, conductor,  
orchestra, LP #, CD on  
which it was reissued  
if any, and recording  
date. Different  
versions of the files  
are arranged by:  
Composer and Title,

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Recording Date,  
Record number, and  
CD number. There are  
also a listings of LPs  
and LP tracks that  
have not been  
reissued in the  
Mercury Living  
Presence CD series.  
Included are listings  
of all original Mercury  
Living Presence  
records in the SR  
90000 and MG 50000

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series, all CDs originally mastered by Wilma Cozart Fine, all SACDs, and the more recent reissues and new issues in the large 50+ CD box sets and the 10-CD box sets of Marcel Dupré and Janos Starker. There are also a few chapters of background information, little



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known facts, and other topics of interest. Hopefully readers will find it interesting and useful.

Not Your Mother's  
Diet

50 More Ways to  
Soothe Yourself  
Without Food

Five Principles for  
Burning Fat, Building  
Lean Muscles, Ending

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Emotional Eating,  
and Maintaining Your  
Perfect Weight  
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Yoga Journal  
Record Your Weight  
Loss Progress (with  
Calorie Counting  
Chart)  
Health (4th Edition)  
With the combination of  
Coach Melvin's  
Dynamic Application of

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Internal Awareness(tm)  
(DAIA) Method, Dr.

Totton's 100-day  
method to condition  
your body's neural  
pathways to establish a  
new habit which then  
becomes automatic, and  
with Dr. Painter's  
method of committed  
practice of Li Family  
Yixingong (Standing  
Meditation) to produce  
profound results at the

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neurological level,  
novices to advanced  
practitioners gain the  
ability to access your  
inner core, tapping into  
an area that can  
positively affect your  
overall well-being,  
prevent stress from  
taking hold, and give  
you perpetual mental-  
physical rejuvenation.  
Freedom from  
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Our emotions are powerful and they can lead us to feelings and thoughts of happiness and joy or sadness and devastation. Everyone of us are faced with not only our own emotions but the emotions of others, as well. Learning to master our emotions and how to appropriately respond to

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the emotions of others is critical to living a successful and happy life. Failure to master our emotions can lead to poor physical health and depression. The good news is that we do not have to be creatures of emotion based reaction behavior but can live the life of success, prosperity and love we deserve. Emotional

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Mastery will lead you to awareness of the root cause or triggers of your emotions and give you effective methods for dealing with them and increasing your emotional intelligence. Contrary to the belief of some, our emotions are not necessarily the result of upbringing, social status, or environment. Our emotions should

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not control us but serve us giving us more management over our lives and improving our relationships. Each of us have within us the power to rein over our emotions and redirect them to become powerful tools of enhanced self-awareness, rapid problem and conflict resolution, influential



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interpersonal skills,  
stronger relationships,  
career success, and  
enable us to live the  
happy life we all dream  
of. You have the power  
to rein over your  
emotions and even  
control them. You have  
the power to be happy,  
even when you think it's  
impossible, and you  
have the power to  
change the way you feel.

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You will soon find that even the most difficult circumstances will be handled with maturity and can no longer harm you or your physical well being. Decide today to raise your Emotional Intelligence stop negative emotional reaction behavior and become the Master of your success and happiness.

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Revised and completely updated, this new edition of Scale Down offers a balanced, realistic approach to good health incorporating both spiritual principles and practical diet and fitness habits.

Mindfulness Strategies  
to Cope with Stress and  
End Emotional Eating  
Lose Weight Now The

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Easy Way

What Stress Can Do  
Fruitarian

Eat Me Kindly

Appalachian Daughter

**This enhanced ebook  
includes video and  
audio. · Do you wish  
you ate less? · Do you  
eat to control your  
feelings? · Do you  
ever feel frustrated  
and hopeless about**

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**your weight? · Do  
you wish that you  
felt differently about  
food, about yourself,  
and about life? Then  
let Paul McKenna  
help you! Emotional  
Eating is the number  
one cause of obesity  
in the western world,  
but Paul McKenna  
has made an  
amazing**

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**breakthrough in his mission to help people lose weight. This amazing new system is aimed at getting beneath the issue of weight loss to eradicate the root cause of over-eating. The programme in this book, which includes audio and video, is designed to**

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**help you bring about  
dynamic, lasting  
change - a gentle  
breakthrough to help  
you transform your  
body, your  
relationship to food  
and your entire life.  
Let Paul McKenna  
help you to have  
success and a sense  
of security and joy  
that is beyond what**

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**you can imagine.**

**Paul McKenna**

**wants to help you  
escape from the  
unsatisfying cycle of  
frustration and self-  
medication with  
food. He is  
determined to help  
you find your inner  
strength to help you  
lose weight and gain  
confidence, freedom**



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and emotional  
wisdom.  
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**A young pirate with  
a chaotic home life  
learns how to express  
his emotions in a  
healthy way and with  
safe individuals.**

**The Empath. The  
word has found its  
way into our  
consciousness  
accompanied by**

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**ideas of healing,  
sharing emotion and  
pain. Empaths are  
sensitive, caring,  
responsive people  
who have at the core  
of their nature an  
innate ability to  
receive energy,  
information and  
awareness from  
others with a depth  
and intensity that is**

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**beyond our  
customary**

**understanding of  
empathy. Yet, this  
very receptivity and  
permeability brings  
its own challenges. It  
is vital for empaths  
to recognize  
themselves as such  
and to consciously  
explore, understand  
and address this**

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**energetic flow in  
their life. Self-  
inquiry is the  
essential tool to  
understanding all  
that motivates and  
colors your  
experience of the  
world. The book  
explores in depth  
this receptivity, as  
well as tools,  
concepts and**

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**approaches to  
support**

**understanding and  
how to flourish with  
this heightened  
sensitivity. This book  
is a shared journey,  
edited from years of  
workshops and  
sessions with  
Elisabeth Fitzhugh  
and the Orion group.  
New York magazine**

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**was born in 1968  
after a run as an  
insert of the New  
York Herald Tribune  
and quickly made a  
place for itself as the  
trusted resource for  
readers across the  
country. With award-  
winning writing and  
photography  
covering everything  
from politics and**

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**food to theater and  
fashion, the  
magazine's  
consistent mission  
has been to reflect  
back to its audience  
the energy and  
excitement of the city  
itself, while  
celebrating New  
York as both a place  
and an idea.**

**I Can Make You**

*Page 207/220*

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**Thin**

**The Vegan Power**

**Freedom from**

**Emotional Eating**

**The French**

**Revolution**

**New York Magazine**

Become

Emotionally

Smarter with a

Practical

Approach!



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Emotional intelligence has been a buzzword in the personal growth industry and in high-level corporate recruitment strategies since 1995, when Daniel Goleman used the term for his book

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title and topic. As we would say today, his use of it "went viral" immediately, in the world of business and mental health in particular. Often abbreviated as "EQ", emotional intelligence is the personal ability

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you have to  
recognize and  
label your own  
emotions and  
feelings, and to  
use this  
information to  
steer your thinking  
and behavior in  
the desired  
direction. Whether  
you are looking to

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climb the career ladder with ease, thrive during social events or simply feel more at peace with yourself, a well-developed EQ is absolutely critical. During the course of this book, we will take a look at the

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current knowledge surrounding the subject, as well as how you can vastly improve your own emotional intelligence with a series of simple, practical exercises. You will learn about: - How to observe and

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analyze your emotions at any given moment. - How to connect more easily with people and build strong and lasting relationships. - How your body reacts to your various emotional states. - How to

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release unwanted  
and potentially  
destructive  
emotions. -

"Thought traps"  
and how to deal  
with them. -

Mindfulness and  
its role in  
developing EQ. -

How to improve  
your EQ in

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environments. -

How having a  
higher emotional  
intelligence will  
benefit your life.

And more!

Carol Tyler has  
been a  
professional (and  
highly acclaimed)  
cartoonist for over



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20 years,  
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appearing in such  
venues as Weirdo,  
Wimmen's Comix,  
and Drawn &  
Quarterly  
magazine. But  
over the years her  
status as a  
working mother  
has drastically  
curtailed her ability

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to set aside time  
for her cartooning.  
Thus each rare  
new story from her  
pen has been  
greeted with  
hurrahsas well  
they should be,  
because she's one  
of the most skillful,  
caustic, and  
emphatic cartoon

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storytellers of her generation. This new book presents the biggest, richest and most delightful collection of Tyler's work to date featuring many new and previously unpublished works. p.p1

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