

Shrink The Diet For The Mind

by TAHON, PHILIPPE

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Put your mind on a diet, not your body: understanding why you overeat will free you forever from emotional eating and the diet trap. In Shrink, Philippe shares his easy programme and teaches you to eat mindfully, intuitively and positively. He encourages you to throw away the rulebook and free yourself forever from emotional eating and the diet trap. In being mindful we can tell how hungry we really are. Using our intuition, we eat only what our body knows is good for us, and when. By eating positively, we no longer regard food as the enemy but make friends with it, embracing it for the pleasure and nourishment it brings.

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