



Dieta Mindfulness (Spanish Edition)

Andy Puddicombe

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Has probado todo tipo de dietas para, pasado un tiempo, recuperar el peso perdido? Estas descontento con tu cuerpo? Comes por motivos equivocados? Si la respuesta a cualquiera de estas preguntas es Si, ha llegado el momento de reconsiderar tu relacion con la comida y, fundamentalmente, transformar la manera de sentirte contigo mismo, de la mano del planteamiento eficaz y cientificamente probado que Andy Puddicombe te propone. / The Headspace Diet is designed to show you how to find your ideal weight in an easy, manageable and mindful way. It allows you to escape the endless diet trap by following simple yet potentially life-changing exercises in order to develop new effective habits and a much improved relationship with food and your body. The Headspace mission is to get as many people taking just 10 minutes out of their day to practise these powerful mindfulness techniques. Mindful eating is a key aspect of mindfulness and as you start to practise it you will notice profound results, both in terms of your shape but also your overall health and well being. Have you tried every diet going only to see the weight creep back on again? Do you feel guilty and anxious about eating certain foods? Or find yourself unable to resist that extra helping even if you're not actually that hungry? Are you unhappy with your body and how it looks and feels? Now is the time to stop what you're doing and try a different, healthy and brilliantly effective approach...

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