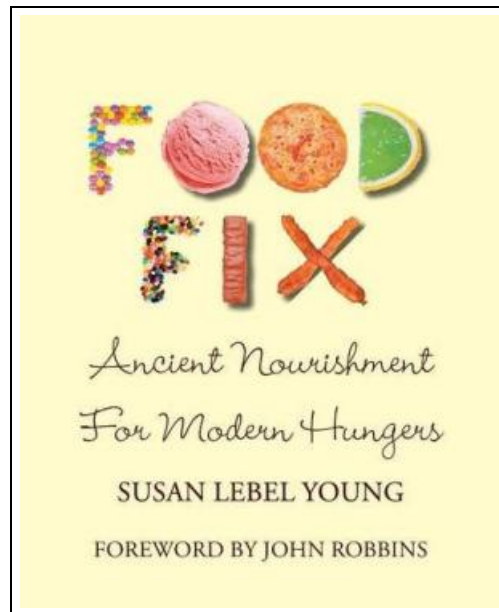


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Just Write Books, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Have you tried dozens of diets and still find yourself craving junk food, fatty treats and low-value foods? Do you plan each night to do better with your food tomorrow and feel you fail again? Do you fill your shelves and your body with foods that have little or no nutritional value? Do you expend all this effort and still starve for something more? If these questions resonate with you or someone you love; this book will help. It is not a diet book. It is a book of skillbuilding. It isn't easy, but it isn't impossible. Susan Lebel Young offers a series of stories about her life, lessons she has learned. Then she shares with you what she calls Antidotes to Food Frenzy. Susan walks you through exercises-starting small with a minimal investment of time, increasing your work as you raise your level of success. About the Author: Susan Lebel Young MSED, MSC, author of *Lessons From A Golfer: A Daughter's Story of Opening the Heart*, is a perfect guide on your journey toward heartfulness in your food and life. Young is a self-professed junk food junkie who has maintained a fifty pound weight loss and a change of food-frenzy mentality for thirty years using these food fix antidotes. She has Masters degrees in both Education and Counseling. She has studied and taught mindfulness in Maine, South Carolina and at the Center for Mindfulness at the University of Massachusetts Medical School. Young has helped clients in her private psychotherapy practice since 1995 and taught yoga since 2000. She has led mindfulness workshops, taught mindful eating, and taught courses that she developed in mind-body approaches to counseling and...



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