



# Mindful Life Weight Loss Workbook

*Kim Gold*

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## **Mindful Life Weight Loss Workbook** Kim Gold

Weight loss is an integrated process, and the Mindful Life Weight Loss Workbook shows you how everything falls into place. The Mindful Life Weight Loss program outlines five areas of weight loss: •Mindfulness •Food •Activity •Relational thinking •Nature (screen time vs. green time) Building on the practice of mindful awareness, this workbook teaches you how each area of your life affects and is affected by the other areas. You will learn how this way of thinking (relational thinking) can help you make peace with your weight. Written in an accessible, warm style, this workbook guides you through small goals, explains how to start a mindfulness practice, how to handle emotional eating, how to measure success, how to super-charge your motivation by linking it to your higher purpose, and much more. For more information: <http://weightlosswestchesterny.com>

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