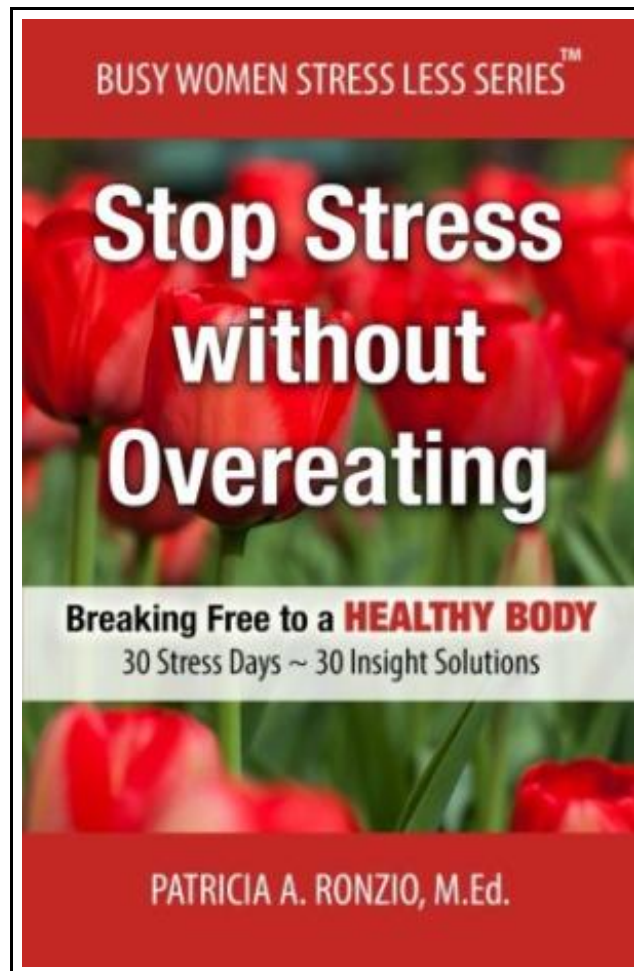


## Stop Stress Without Overeating: Breaking Free to a Healthy Body: 30 Stress Days 30 Insight Solutions



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New Paradigm Wellness Publishing, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have old ways to manage stress, like overeating, failed to provide lasting stress relief? Are you tired of sacrificing your health and happiness to a hectic schedule that leaves you exhausted? If so, this book is for you. You absolutely can stop stress without relying on overeating (or feeling out of control with food and weight) to become balanced, joyful and alive again. This volume of the Busy Women Stress Less Series focuses on a Healthy Body: How stress impacts weight management, self-image and food choices. In 30 Stress Days 30 Insight Solutions, Patricia Ronzio, M.Ed., demonstrates how to spark your own creativity to find personal stress relief in meeting life's challenges without overeating. Patricia lived through the stress rollercoaster of overeating and dieting for 20+ years and rediscovered optimal health, happiness and fulfillment. You can too! With 15 years of experience as a Life Coach, extensive background in corporate wellness and co-founder of the Insight Learning Institute, Patricia describes a new and empowering problem-solving system that can resolve many of the stress problems busy women face today. Patricia's compassion, enthusiasm and encouragement can ignite your innate problem-solving skills to de-stress, get back on track and rediscover how to trust yourself for everyday stressors such as these: Stressed, Sleep-Deprived, or Both?, Eating Beyond Feeling Full? and How to Stop Random Nibbling. Get ready to say NO to rigid rules that disregard your whole being [physical, mental, emotional and spiritual], that ignore your goals, desires and life story and stifle your creative brilliance. Get ready to unlock chronic stress with this powerful mind-body approach. Discover how each day offers a launch pad to help...



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