



The Mindfulness Method of Weight Management

Patrick L Brown PhD

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Mindfulness is an all-purpose tool for managing life's core issues: relationships, financial management, health management, etc. This book gives you simple step by step instructions on how to start a meditation practice and how to apply your gradually acquired mindfulness to one specific issue of your life: weight management. A mindfulness practice will support your practical attempts to manage any aspect of your life in a positive direction. If you succeed in following the simple guidance in this book, you won't just successfully manage your weight. You will have positioned yourself extremely well to follow that success with success in other areas of your life.

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