

Download Savor Mindful Eating Mindful Life

Welcome to the Savor Journey. This is a hub for all those who are interested in mindful eating and the practice of mindfulness as a way of life. Diese Einkaufsfunktion wird weiterhin Artikel laden. Um aus diesem Karussell zu navigieren, benutzen Sie bitte Ihre Überschrift-Tastenkombination, um zur nächsten oder vorherigen Überschrift zu navigieren. Once in awhile, you come across a book you want to buy for everyone you care about. For me, that is this book. This is unique, and has stopped me in my bad eating tracks, through the power of awareness of a different perspective and new knowledge. Savor: Mindful Eating, Mindful Life [Thich Nhat Hanh, Lilian Cheung] on Amazon.com. *FREE* shipping on qualifying offers. End Your Struggle with Weight. Your Path Begins Here. With the scientific expertise of Dr. Lilian Cheung in nutrition and Thich Nhat Hanh's experience in teaching mindfulness the world over