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Autore	Bodzak Cassandra <1987->
Titolo	Eat with intention : nourishing food and meditations for mindful eating // Cassandra Bodzak
Pubbl/distr/stampa	New York, New York : , : Race Point Publishing, , 2016 ©2016
Descrizione fisica	1 online resource (211 pages) : color illustrations, photographs
Classificazione	CKB085000CKB086000CKB026000
Disciplina	613.2
Soggetti	Self-care, Health Nutrition Mind and body
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Sommario/riassunto	"Tired of slaving over carb and calorie counts? Done with dreading the numbers on a scale? Learn to not only make wonderful nourishing food, but also the importance of eating that food with intention. Complete with nearly 100 recipes, meditations for each recipe, self-care tips, and easy guidelines for people who want to end the cycle of destructive eating, Eat with Intention shows you the way to cleanse your body with love and to put potent, nutrient-rich food into your diet as an act of self-care. "Get thin fast" schemes never come from a place of love and are actually destructive to the relationship we have with our body because they stem from a desperation to change it. Eating with intention is your solution to long-term health and wellness, a vastly different and effective approach from fad cleanses that frequently lead to a rollercoaster of weights and a never-ending cycle of diets. Each recipe has been carefully crafted with healthy ingredients designed to fuel you and provide you with energy and a depth of flavor that even the finest chefs can appreciate. From smoothies and soups to entrees and snacks, Eat with Intention is the answer for every person who is ready to make a lifetime change to their minds and bodies"--

