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Sommario/riassunto	"Imagine how much you would fall in love with your life again if you weren't so consumed by negative thoughts about food, your weight and your body? Imagine if you could effortlessly find yourself at your perfect weight, in your perfect body, and feel happier and freer around food than ever before? The Goddess Revolution is taking over as the new 'anti-diet'. Tackling very modern issues--including 'fitspiration' and the obsession with perfection caused by celebrity culture and magazine airbrushing--Melissa speaks in a language that women can relate to. Written with passion from one Goddess to another, this book offers readers practical tips and powerful tools to give them back control of how they feel in their bodies and what they choose to put in them." --