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Summary, Analysis Review of Melissa Hartwig's Food Freedom Forever by Instaread (Paperback)

By Instaread

Instaread, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Summary, Analysis Review of Melissa Hartwig's Food Freedom Forever by Instaread Preview: Food Freedom Forever by Melissa Hartwig is a self-help guide for anyone who has struggled with dieting and making healthy food choices. Food freedom is a way of life that helps people make conscious decisions about all foods instead of permanently restricting certain foods, such as cheese or cupcakes. Hartwig, a certified sports nutritionist and co-founder of the Whole30 dietary reset, developed the concept of food freedom from her personal experience. She offers strategies for developing a positive relationship with food, so that people make choices based on how foods make them feel physically, mentally, and emotionally. Traditional diets keep people locked in a negative relationship with food. A diet that is based on restricting certain foods is not only unrealistic, but also affirms the notion that certain foods are bad and that people are doing something wrong when they eat them. Developing a lifestyle of food freedom helps people. PLEASE NOTE: This is a Summary, Analysis Review of the book and NOT the original book. Inside this Summary, Analysis Review...



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Reviews

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