

Food For Thought Daily Meditations For Overeaters

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The SECRET TO MASTERING Your Breath, Body \u0026 Mind To NEVER GET SICK | Wim Hof \u0026 Jay Shetty Weight Loss 8 Hour Sleep Hypnosis Permanent (subliminal) 4 Steps To Build SELF DISCIPLINE \u0026 Never Be LAZY AGAIN (Master Self Control)| Marisa Peer

Daily Habits To Create Miracles In Life: Part 4: BK Shivani at Sydney *Guidelines for Heartful Living | Heartful Food and Lifestyle | Maxim 8|Divine Thoughts |Heartfulness Daily Meditation Program | Sheetal Pawar | Magic of Books | Day 7 Food For Thought Daily Meditations*

Food for Thought offers wise and comforting words for compulsive overeaters who seek to understand the role of food in their lives. Each day's reading in the best-selling classic--the first Hazelden meditation book to address the needs of overeaters--supports a life of physical, emotional, and spiritual balance.

Food for Thought: Daily Meditations for Overeaters ...

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The meditations in Food for Thought focus on our need for support, compassion, understanding, and acceptance of our compulsive eating. Each daily reading provides encouragement for turning to our Higher Power for comfort and addresses the steps and concerns that help us in our recovery.

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The Hazelden Betty Ford Foundation is a force of healing and hope for individuals, families and communities affected by addiction to alcohol and other drugs. As the nation's leading nonprofit provider of comprehensive inpatient and outpatient treatment for adults and youth, the Foundation has 17 locations nationwide and collaborates with an expansive network throughout health care.

Thought for the Day | Hazelden Betty Ford Foundation.

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