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Getting Over Overeating for Teens: A Workbook to Transform Your Relationship with Food Using CBT, Mindfulness, and Intuitive Eating (An Instant Help Book for Teens) (Englisch) Taschenbuch – 23. Getting Over Overeating for Teens: A Workbook to Transform Your Relationship with Food Using CBT, Mindfulness, and Intuitive Eating (English Edition) eBook: Andrea Wachter: Amazon.de: Kindle-Shop Getting Over Overeating for Teens: A Workbook to Transform Your Relationship with Food Using CBT, Mindfulness, and Intuitive Eating [Andrea Wachter] on Amazon.com. *FREE* shipping on qualifying offers. Transform your relationship with food, once and for all. Written by a family therapist and eating disorder specialist Transform your relationship with food, once and for all. Written by a family therapist and eating disorder specialist, this skills-based workbook will give you the tools you need to manage your emotions and find the comfort and sweetness you truly seek in life-without overeating!, Getting Over Overeating For Teens A Workbook To Transform Your Relationship With Food Using Cbt Mindfulness And Intuitive Eating.

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