



The Goddess Revolution: Food and Body Freedom for Life

By Melissa Wells

Hay House UK. Paperback. Condition: New. Dimensions: 5.5in. x 8.5in. x 0.0in. If you've ever struggled with diets, food, body image, or your weight, then The Goddess Revolution is your new handbook for life. Imagine how much you would fall in love with your life again if you weren't so consumed by negative thoughts around 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. All women are born Goddesses but we tell ourselves over and over again that for some reason, we don't deserve to feel good. We berate ourselves in the mirror, refuse to accept compliments and use food as a punishment/reward system to mask how we are really feeling about our lives. The Goddess Revolution is taking over as the new anti-diet. This is not a fad diet or a set of rules to follow, but a revolutionary new way of thinking that will help women to end the war on their bodies, start embracing an incredibly rewarding relationship with food, and become happier and more fulfilled than they ever thought possible. Tackling very modern issues including...



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