

Food Freedom Forever: Letting Go of Bad Habits, Guilt, and Anxiety Around Food

The eagerly awaited follow-up to the New York Times and Globe and Mail bestselling The Whole30 The critically acclaimed Whole30 program and the New York Times bestselling The Whole30 has led millions of people to better health and effortless weight loss, along with stunning improvements in sleep qua The eagerly awaited follow-up to the New York Times and Globe and Mail bestselling The Whole30 The critically acclaimed Whole30 program and the New York Times bestselling The Whole30 has led millions of people to better health and effortless weight loss, along with stunning improvements in sleep quality, energy levels, mood, self-esteem, and reducing cravings to achieve "food freedom" over the course of a 30-day challenge. While The Whole30 includes a strategy for systematically reintroducing ingredients such as dairy, legumes, and grains once the 30-day cleanse is over, devoted fans are often asking the same question upon completion: What do I do now? Though many people repeat it from time to time, the Whole30 was never meant to be a plan you stay on indefinitely, and that's why Food Freedom Forever is so important, offering solutions to permanently end the exhausting cycle of yo-yo dieting, uncontrollable cravings, and a slew of health complaints. In a 3-part plan, author and Whole30 co-creator Melissa Hartwig shows you how to discover food freedom for yourself, no matter how out of control you feel; to walk a self-directed path that will keep you in control for months on end; to gracefully recover when you slip back into old habits; and to create the kind of food freedom that stays with you for the rest of your life. Best of all, there is no requirement that you've completed the Whole30 to benefit from the potentially life-long solutions of Food Freedom Forever. ...more Food Freedom Forever: Letting Go of Bad Habits, Guilt, and Anxiety Around Food PDF ebook

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