



The Rice Diet Renewal: A Healing 30-Day Program for Lasting Weight Loss (Hardback)

By Kitty Gurkin Rosati

Turner Publishing Company, United Kingdom, 2010. Hardback. Condition: New. Language: English . Brand New Book. From the author of the New York Times bestselling *The Rice Diet Solution*—a practical 30-day plan for inner healing and lasting weight loss. Since 1939, the world-renowned Rice Diet has been one of the most medically sound, effective, and sustainable weight loss programs, with 43 of participants maintaining their weight loss after six years. Now, building on the Rice Diet's success, *The Rice Diet Renewal* goes beyond what you eat to help you heal the roots of the emotional, mental, and spiritual underpinnings that often get in the way of achieving and maintaining weight loss. Gives you the framework you need to break down the psychological and behavioral barriers to sustainable weight loss. Presents a scientifically based 4-step foundation for Cleansing Your Body, Healing Your Heart, Empowering Your Mind, and Connecting with Your Spirit. Offers the latest science needed to transcend a limiting diet perspective, to a sustainable diet, a way of life that promotes optimal weight and health. Gives you practical, active tools to meet weight-loss and health goals, such as music therapy, journaling, creative exercises like dream boards and other deep healing therapeutic approaches including...



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