



The Clean Separation (Paperback)

By Kara Landau

Corporate Nutrition Melbourne, United States, 2013. Paperback. Book Condition: New. Annabelle King (illustrator). 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Does stress affect your eating patterns and energy levels? We have all been through an emotionally devastating period in our lives - a failed romantic relationship, being judged and belittled for decisions we make, losing a loved one, or any other myriad of reasons that leave us feeling lost or displaced. Australian Accredited Practicing Dietitian, Kara Landau (The Travelling Dietitian), together with LA based award winning healthy celebrity chef, Susan Irby (The Bikini Chef) have joint forces to give you this one of its kind self-help nutritional manual filled with the tools you need to feel confident in your ability to lift yourself out of whatever rut you are currently in by utilizing the super powers of a nutritious diet and your own strength of mind. Through a unique mixture of up to date scientific research, personal real-life experiences, case studies, and delicious nutritionally packed recipes, The Clean Separation will leave you feeling empowered to be able to take control of your current situation, move forward, and become the best possible version of...



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