

WHEN WOMEN STOP HATING THEIR BODIES FREEING YOURSELF FROM FOOD AND WEIGHT
OBSESSION JANE R HIRSCHMANN



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Description of the book "When Women Stop Hating Their Bodies": "Will empower all women to stop believing that our bodies are the problems, dieting the solution."--Harriet Lerner, Ph.D. Author of The Dance of Anger
In this revolutionary new book, bestselling authors Carol Munter and Jane Hirschmann explore the myriad reasons why women cling to diets despite overwhelming evidence that diets don't work.

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