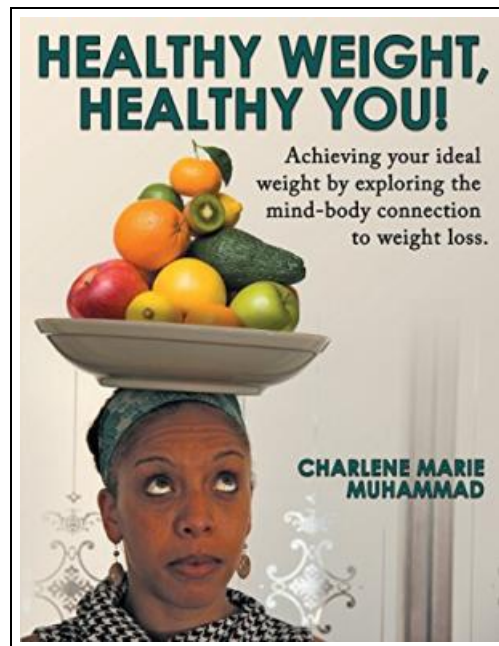


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Dog Ear Publishing, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Healthy Weight, Healthy You! Achieving your ideal weight by exploring the mind body connection to weight loss provides a well-rounded, holistic approach to achieving your weight loss goals. This book explores how your feelings, thoughts, actions and environmental factors influence eating behaviors and how you can develop strategies to break old habits. In this book you will learn: - The mind-body connection to food - Tools to increase awareness for eating healthier - Using kitchen science wisdom to create delicious meals - Finding an exercise routine that suits your mood Healthy Weight, Healthy You! Is designed as a self-study guide. The book includes a variety of research and resources that will lead you to dig deeper in the study and encourage you to enjoy learning about yourself in new ways. Charlene Marie Muhammad RD, RYT500 Charlene Marie Muhammad is a traditional healing practitioner, who has been embracing the spirit of natural living for over 25 years. Charlene s practice is predicated on formal Master s level training as well as her own personal use of plants, food as medicine and movement therapy, giving her hands-on relationship and knowledge of these traditional healing modalities. Charlene s traditional healing service, Urbanherbalist, focuses on supporting clients with a practical application to optimal health by using the healing tools that she has grown to embrace in her own personal life: herbal medicine, nutrition and yoga. Charlene is also an early childhood educator, childbirth Doula and Yoga instructor. A graduate of Cornell University, Charlene holds a Master s of Science Degree in Herbal Medicine from Maryland University of Integrative Health and is a registered Dietitian. Charlene is also a yoga instructor with over 500 hours of yoga teacher...

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