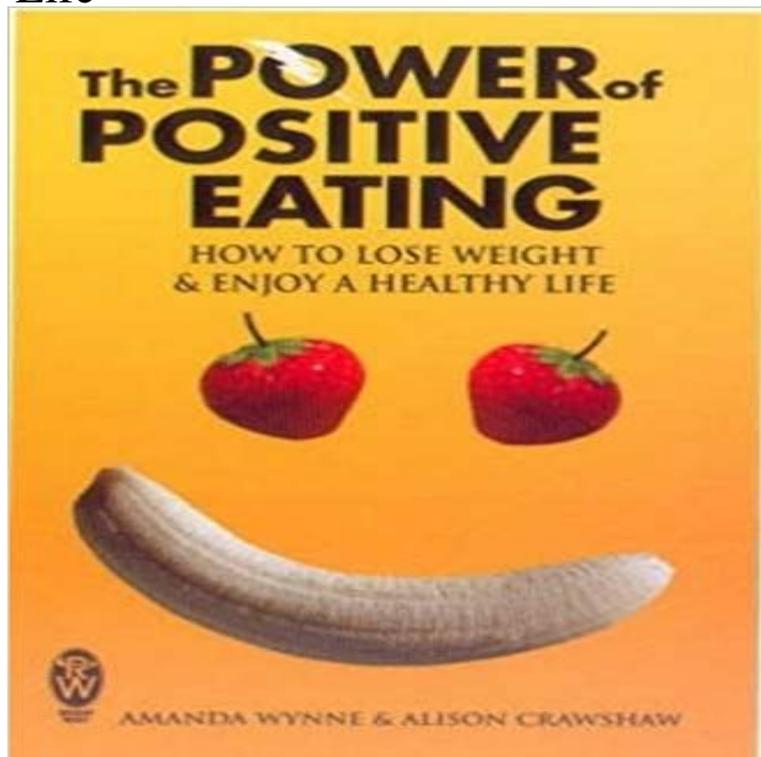


# The Power of Positive Eating: How to Lose Weight and Enjoy a Healthy Life



Dietician Amanda Wynne and physiotherapist Alison Crawshaw offer a holistic approach that looks at all the issues around food and weight control. They explain how to develop the self-motivation that will gain control over your weight, plan new eating habits based on the foods you like and more.

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