



How Much Does Your Soul Weigh?: Diet-Free Solutions to Your Food, Weight, and Body Worries

Dorie McCubbrey

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You hold in your hands a life-changing weight control revelation -- a holistic approach to help you overcome all eating and weight problems from anorexia to obesity. This innovative book will shed light on your unsuccessful attempts at dieting and help you begin to heal from the inside out, once and for all!

How many "miracle diets" have you tried? How many minutes and hours have you spent worrying about the numbers on the bathroom scale? How many times have you lost weight only to gain it back along with renewed disappointment and frustration? You've worried about how much your body weighs, but have you asked:

How Much Does Your Soul Weigh?

Dr. Doric McCubbrey, a weight-issues specialist whose practice boasts a 95 percent success rate, reveals that the weight of your soul may be preventing you from effecting the changes you want to see in your appearance and self-esteem. By starting Dr. Dorie's plan for "Intuitive Self-Care," you can begin to unburden your soul of all the "weighty attitudes" of the diet mentality -- rigid rules, negative self-talk, and unrealistic goals -- that lead to very real feelings of disappointment and hopelessness.

With empathy and insight, Dr. Doric explores and explains the importance of a soulful attitude toward your eating, exercise, and weight. You'll discover:

- the "games" dieters play -- and why none of them works
- the four archetypal weight problems and how to overcome them for good
- the secrets of naturally thin people -- and how you can incorporate them into your life
- a 30-day plan of therapeutic "recipes" designed especially to nourish your soul

Packed with stories from Dr. Dorie's own 15-year struggle with overeating, anorexia, and bulimia, and the experiences of her clients, *How Much Does Your Soul Weigh?* shows you how to generate the happiness, health, balance, and confidence that will put your weight worries to rest for good!

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From reader reviews:

Eric Bass:

Have you spare time for just a day? What do you do when you have more or little spare time? Sure, you can choose the suitable activity to get spend your time. Any person spent their particular spare time to take a walk, shopping, or went to typically the Mall. How about open or perhaps read a book called How Much Does Your Soul Weigh?: Diet-Free Solutions to Your Food, Weight, and Body Worries? Maybe it is to get best activity for you. You recognize beside you can spend your time with your favorite's book, you can cleverer than before. Do you agree with its opinion or you have various other opinion?

Michelle Pacheco:

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Deanna Nance:

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Lena Stubbs:

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