



You Are Why You Eat: Change Your Food Attitude, Change Your Life (CD-Audio) - Common

Narrator Jane Jacobs By (author) Ramani Durvasula

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An intelligent, timely, and prescriptive book that shows how people's attitude toward food often reflects their attitude toward other areas in their life-jobs, relationships, money-and how they can let go of trying to please others and satisfy their true appetites.

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