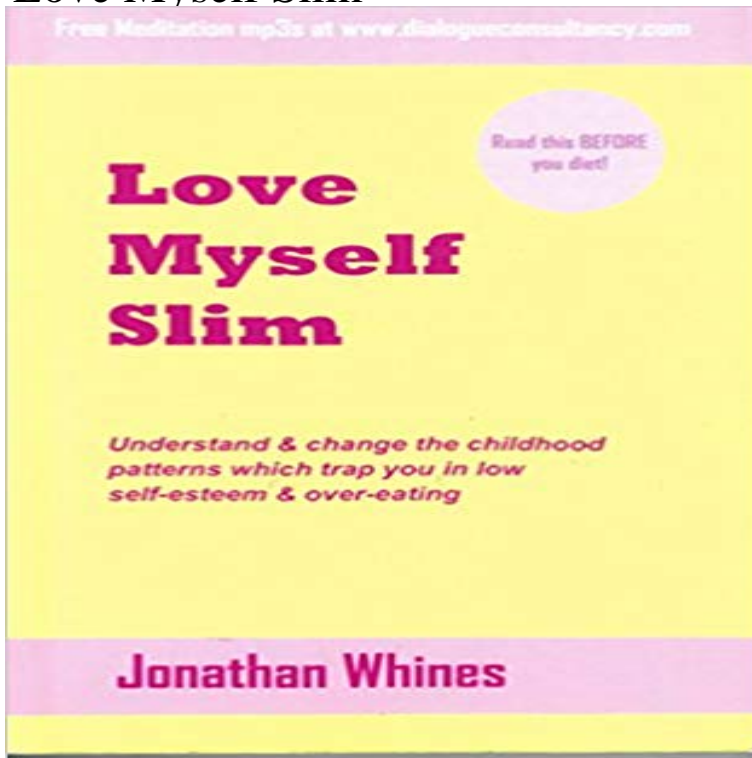


Love Myself Slim



This self-help book by experienced Psychotherapist Jonathan Whines explores the psychology of why we over-eat. Drawing upon elements of Gestalt and Mindfulness this book leads you via many practical exercises to a deeper understanding of why you over-eat. Encouraging you to break out of the childhood patterns of the past and express yourself more authentically in the Here-and-Now. The final section helps you create a programme which will promote and sustain change.

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