



# **EAT TO FEEL FULL, and nourish yourself for good**

*Jeanette Bronée*

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## **EAT TO FEEL FULL, and nourish yourself for good** Jeanette Bronée

Self-nourishment counselor, emotional eating expert and author Jeanette Bronée has ten years of experience helping clients overcome their struggles with eating while avoiding the restrictive nature of dieting. Her core belief is that when we focus on feeling healthy, vibrant, and nourished, weight loss is just a welcome side effect. This handbook offers a condensed guide to the first step in her path to self-nourishment. With a focus on basic food knowledge -- including a lucid explanation of hunger and digestion and an in-depth guide to the foods and eating habits that will help you stay satisfied longer after a meal -- Eat to Feel Full aims to help its readers feel better about eating, feel better after eating, and gain mastery of their appetites through an increased sense of well-being.

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