



# Don't Diet, Just Eat: Trust Your Inner Wisdom, Even When It's Wrong

*Katie Nowikow*

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## **Don't Diet, Just Eat: Trust Your Inner Wisdom, Even When It's Wrong** Katie Nowikow

"I know what to do - I just need to do it." If this sounds familiar, then this book is for you! Forget the restrictive and deprivation diets-lets get to the real deal. Why? Why do you want junk food instead of healthy food? Why do you struggle with exercise and lack willpower? In this book, you will get the insight, tools, and inspiration to understand how to build your willpower muscles, engage your energetic determination to see big life changes - not just with food but the real stuff that counts - your entire life! Get to the triggers for comfort food and you'll be surprised how quickly your desire for these empty calorie foods will change!

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