



Eating Problems: Alternative Solutions for Adults

Adey Mcsnotty

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People of all ages can experience difficulties related to food. This book aims to provide alternative solutions for adults with eating problems. Along with giving information about traditional means of support, the author explores practical ways of using more complimentary approaches such as meditation and hypnotherapy. The personal aspect of the book, along with anecdotes and tales from the past will give anyone an insight into what it is like to experience an eating disorder. It will also make people realise that change is truly possible. The Four Week Meditation Challenge will enable you to contemplate and realise that moderation is at the heart of all your experiences with food. By having an open awareness to all types of food, it will enable you to be free to enjoy the beauty of everyday life.

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