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[Più ricette sane, meno ricette mediche. Mipiagemifabene](#) - Federica Gif 2015

[50 More Ways to Soothe Yourself Without Food](#) - Susan Albers 2015-12-01

In this much-anticipated follow-up to *50 Ways to Soothe Yourself Without Food*, renowned nutrition expert and New York Times best-selling author of *Eat Q*, Susan Albers delivers fifty more highly effective ways to help you soothe yourself without eating—leading to a healthier, happier life! If you're an emotional overeater, you may turn to food to cope with stress and sadness, enhance joy, and bring a sense of comfort. But, over time, overeating can cause weight gain, heart disease, diabetes, and many other health problems. In *50 More Ways to Soothe Yourself Without Food*, you'll find fifty more mindful and healthy activities to help you replace your need to overeat. Based in popular mindfulness practices, this book will show you how to slow down and be present during mealtime so that you end up making healthier choices. In addition, the activities in the book—such as yoga, aromatherapy, and breathing exercises—will help you gain a greater overall sense of well-being and appreciation for your body. If you're ready to stop using food as an emotional crutch, and start feeling healthy, happy, and truly fulfilled, this book offers fifty more ways!

The Bates Method for Better Eyesight Without Glasses - William H. Bates 2011-04-01

Better Eyesight Without Glasses is not only the definitive source for the classic Bates Method, it is in itself a remarkable phenomenon. Dr. William H. Bates's revolutionary and entirely commonsensical theory of self-taught improved eyesight has helped hundreds of thousands of people to triumph over normal defects of vision without the mechanical aid of eyeglasses. If you think that your eyesight could be made better by natural methods, you are right. After years of experimentation, Dr. Bates came to the conclusion that many people who wore glasses did not need them. He gradually and carefully developed a simple group of exercises for improving the ability of the eyes themselves to see, eliminating the tension caused by poor visual habits that are the major cause of bad eyesight. These exercises are based on the firm belief that it is the natural function of the eyes to see clearly and that anyone, child or adult, can learn to see better without glasses.

The Vegan Book of Permaculture - Graham Burnett 2015-01-15

How we eat is such a fundamental part of what we are; yet, in our

present time-poor culture of prepackaged fast foods, food can become an expensive symptom of alienation and disempowerment. It doesn't have to be this way! *The Vegan Book of Permaculture* gives us the tools and confidence to take responsibility for our lives and actions. Creating a good meal, either for ourselves or to share, taking time to prepare fresh, wholesome home- or locally grown ingredients with care and respect can be a deeply liberating experience. It is also a way of taking back some control from the advertising agencies and multinational corporations. In this groundbreaking and original book, Graham demonstrates how understanding universal patterns and principles, and applying these to our own gardens and lives, can make a very real difference to both our personal lives and the health of our planet. This also isn't so very different from the compassionate concern for "animals, people, and environment" of the vegan way. Interspersed with an abundance of delicious, healthy, and wholesome exploitation-free recipes, Graham provides solutions-based approaches to nurturing personal effectiveness and health, eco-friendly living, home and garden design, veganic food growing, reforestation strategies, forest gardening, reconnection with wild nature, and community regeneration with plenty of practical ways to be well fed with not an animal dead! This is vegan living at its best.

Mind Over Medicine - Lissa Rankin 2014

"Clinical trials show that up to 80 percent of patients given a placebo heal themselves with the power of the mind alone. But how? There is documented evidence that beliefs, thoughts, and feelings can cure the body ... this book not only reveals the data from mainstream medical journals; it tells you step-by-step how you can implement this knowledge to make your body ripe for spontaneous remission or disease prevention ... Western-trained physician Lissa Rankin, M.D. pored over hundreds of objectively evaluated, peer-reviewed studies from medical journals to find proof not just that thoughts and feelings originating in the mind can heal the body, but also that there are clear physiological mechanisms explaining how this happens ... she explains how this process works, proves with extraordinary case studies from the medical literature that it does, and teaches practical techniques you can use to activate the body's natural self-healing mechanisms, while shutting off the processes that predispose to illness. She also guides you through the process of uncovering where you might be making unhealthy choices, not just in your diet, exercise program, and sleep habits, but in your relationships, your professional life, your creative life, your spiritual life, and more-- so that you can create a customized treatment plan"--