



DANIELE DELLA VALLE, NTP

HAPPY WEIGHT

UNLOCKING BODY CONFIDENCE THROUGH BIOMORPHIC NUTRITION AND MINDFULNESS



Della Valle, NTP, Daniele

Happy Weight: Unlocking Body Confidence Through Bioindividual Nutrition and Mindfulness



[continue reading](#)

Happy Fat changes the weight loss game! Create as an "anti-diet plan" manifesto of mindfulness, self-love, body picture, and real nutrition. We have all grown sick and tired of "the next best weight loss program" and need something more. The body positive movement is increasing and women are listening. We have moved exceeded the polluted mass media driven notion of beauty and also have grown hungry for something to nourish our souls. This will become a wonderful reference guidebook and go-to for years to come. Through this trip, you will find out how to approach your body as a person, find how it operates uniquely for you and you only. Caution, you might find yourself along the way! Furthermore to great suggestions and action methods, Happy Weight switches into full details of how exactly to continue your trip even once you have finished the publication. In this wonderfully and cautiously compiled guide to finding your Happy Weight- you will discover the deception of the excess weight loss industry, the meals sector, and the horrid lifestyle of body shaming in the us.



[continue reading](#)

