

50 Ways To Soothe Yourself Without Food By Susan Albers PsyD

By Susan Albers PsyD

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Dr. Susan Albers is a psychologist and New York Times best selling author. Her books include Eat.Q., Eating Mindfully and 50 Ways To Soothe Yourself Without food.

<http://eatingmindfully.com/>

Eating Mindfully by Susan Albers OverDrive: -

This revised and expanded edition of Eating Mindfully, Susan Albers Albers is also author of 50 Ways to Soothe Yourself Without Food Susan Albers, PsyD,

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