



# **Eat With Intention: Nourishing Food and Meditations for Mindful Eating**

*Cassandra Bodzak*



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**Tired of slaving over carb and calorie counts? Done with dreading the numbers on a scale? Learn to not only make wonderful nourishing food, but also the importance of eating that food with intention.**

Complete with nearly 100 recipes, meditations for each recipe, self-care tips, and easy guidelines for people who want to end the cycle of destructive eating, *Eat with Intention* shows you the way to cleanse your body with love and to put potent, nutrient-rich food into your diet as an act of self-care. "Get thin fast" schemes never come from a place of love and are actually destructive to the relationship we have with our body because they stem from a desperation to change it.

Eating with intention is your solution to long-term health and wellness, a vastly different and effective approach from fad cleanses that frequently lead to a rollercoaster of weights and a never-ending cycle of diets. Each recipe has been carefully crafted with healthy ingredients designed to fuel you and provide you with energy and a depth of flavor that even the finest chefs can appreciate. From smoothies and soups to entrees and snacks, *Eat with Intention* is the answer for every person who is ready to make a lifetime change to their minds and bodies.



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