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Media Review Digest C. Edward Wall, 2003 **Library Journal** , 2002 *Orange Coast Magazine* , 2005-07 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County's most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County's only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county's luxe lifestyle

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Beyond a Shadow of a Diet Judith Matz, Ellen Frankel, 2014-04-03 Beyond a Shadow of a Diet is the most comprehensive book available for professionals working with clients who struggle with Binge Eating Disorder Compulsive Eating or Emotional Overeating The authors present research revealing that food restrictions in the pursuit of weight loss actually trigger and sustain overeating Next they offer step by step guidelines to help clients end the diet mentality and learn an internally based approach known as attuned eating Divided into three sections The Problem The Treatment and The Solution this engaging book contains chapters filled with compelling case examples visualizations and other exercises so that therapists can deepen their knowledge and skills as they help clients gain freedom from preoccupation with food and weight In addition to addressing the symptoms dynamics and treatment of eating problems Beyond a Shadow of a Diet presents a holistic framework that goes well beyond the clinical setting This invaluable resource includes topics such as the clinician's own attitudes toward dieting and weight cultural ethical and social justice issues the neuroscience of mindfulness weight stigma and promoting wellness for children of all sizes Drawing from the Health At Every Size paradigm and the wealth of research examining the relationship between dieting weight and health Beyond a Shadow of a Diet offers both therapists and their clients a positive evidence based model to making peace with food their bodies and themselves

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Los Angeles Magazine ,2004-04 **Vegetarian Times** ,2010 **Cincinnati Magazine** ,2008-09 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region **Self** ,2004 *Berlitz Complete Guide to Cruising and Cruise Ships* Douglas Ward,2005 With more than 330 000 sold this recognized bible of the cruise industry rates more than 256 major and minor ships cruising the

world's oceans and waterways Dramatically new and improved the 2006 edition boasts exciting new features compelling full photography colorful maps depicting principal cruise destinations feature articles on new trends in the industry and a comprehensive assessment of the Queen Mary 2 First time cruise goers experienced passengers and travel professionals alike will all find this an invaluable guide Author Douglas Ward is considered one of the world's foremost authorities on cruising and has logged nearly 5 000 days at sea in his 38 years of experience

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