

**JUST LISTEN TO YOUR BODY AND EAT: STOP  
TRYING TO CONTROL YOUR WEIGHT**

**Therease Margaret Neidlinger**

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### **Just Listen to Your Body and Eat: Stop Trying to Control Your Weight by Lise Bourbeau**

Lise Bourbeau, a world renowned specialist on listening to your body, Just Listen To Your Body And Eat: Stop Trying To Control Your Weight.

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