



Eat Mindfully, Live Vibrantly

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References for a Non-Diet, Weight-Neutral, Mindfulness-Based Approach

This is a partial list of research, articles, and books that support the need for a new approach to eating and well-being. These references provide evidence for the ineffectiveness of diets and weight-focused programs, and the effectiveness of mindfulness, mindful eating, and weight-neutral interventions.

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