

# the Overfed Head

What if everything  
you know about  
weight loss  
is wrong?



by  
*Rob Stevens*

founder of  
thintuition™

# The Overfed Head Thintuition

**Rob Stevens**



### **The Overfed Head Thintuition:**

**The Overfed Head** Rob Stevens, 2004-05 Tap into your thintuition and never diet again If everything you know about weight loss is not giving you the permanent results you are looking for what can Tapping into your thintuition To succeed with thintuition is to think one simple thought I give my body exactly what it needs no more and no less It is a form of mindfulness applied to eating This eating as our natural instincts dictate is the art and skill of thintuition You can succeed permanently with it because it is in harmony with your basic nature     A Guide to Chicago Book Publishers , 2005 A Guide to Chicago Book Publishers profiles 190 area publishers from one title startups to established institutions Includes representative titles internship and summer job opportunities editors preferences for queries and unsolicited manuscripts A great resource for those wishing to get published sell their freelance services or become employed in the Chicago publishing industry

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