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Description:

About the Author Ronna Kabatznick, Ph.D., was the psychological consultant to Weight Watchers International for nine years, and taught psychology at Hunter College, Queens College, and the City College of New York. Her articles have appeared in *Newsweek*, *Vegetarian Times*, *Psychology Today*, and other publications. Founder and director of the nonprofit organization Dieters Feed the Hungry, she lives in Berkeley, California and has practiced meditation since 1985.

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