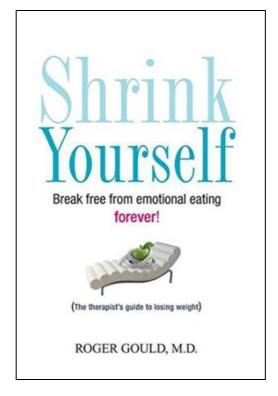
Shrink Yourself: Break Free from Emotional Eating Forever (Paperback)



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Reviews

The very best book i actually read. I was able to comprehended every little thing using this composed e publication. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Reina Conroy)

SHRINK YOURSELF: BREAK FREE FROM EMOTIONAL EATING FOREVER (PAPERBACK)



Turner Publishing Company, United Kingdom, 2008. Paperback. Condition: New. Language: English. Brand New Book. Emotional eating is by far the most common cause of weight gain. As you ll learn in Shrink Yourself, all the diets, exercise regimens, and surgical procedures in the world will not free you from this vicious cycle. Why? Because they don t address your reasons for overeating. Shrink Yourself, a supportive, unique, and ground-breaking guide written by a world-renowned therapist who has helped thousands of people lose weight and keep it off, gets to the heart of the problem. Shrink Yourself gives you the equivalent of eight expensive sessions with the best weight-loss therapist in the world for the price of a single book. Yo-yo dieting is an endless cycle. You diet and lose weight. Then you eat comfort food -that piece of cake, huge bowl of ice cream, or enormous bag of potato chips you devour to smother your feelings of fear, anxiety, stress, anger, boredom, loneliness, frustration, or so many other feelings. The comfort doesn t last long. Soon you feel guilty for breaking your diet, so you displace the guilt with another helping. Before long, you re unpacking your fat clothes again and berating yourself for your lack of willpower. Then, warily, you contemplate the next diet. With Shrink Yourself, renowned psychiatrist and emotional eating expert Dr. Roger Gould offers the first step-by-step analysis of the connection between eating and emotion. Dr. Gould explains why the connection is so powerful and shows you how to break the emotional eating cycle, shed all your excess pounds, and keep them off for good. Based on Dr. Gould s unique method and his work involving more than twenty thousand people, this revolutionary eight-session program reveals that your uncontrollable hunger is connected to feelings of...

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