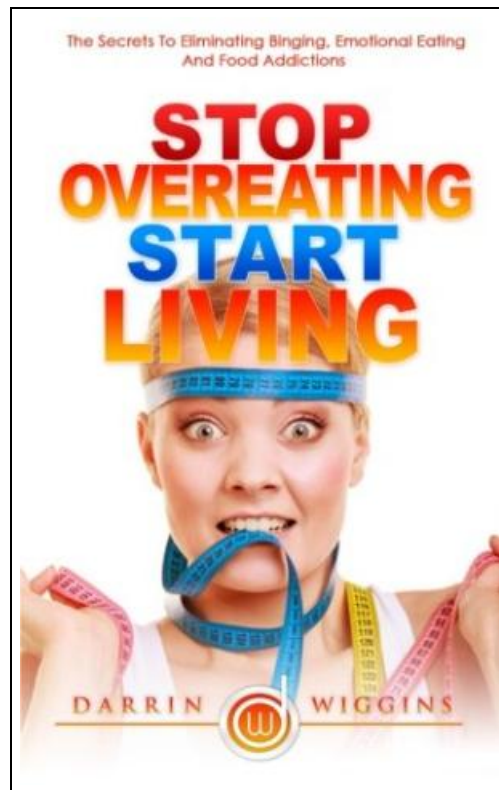


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(Jace Gusikowski IV)

STOP OVEREATING START LIVING: THE SECRETS TO ELIMINATING BINGING, EMOTIONAL EATING AND FOOD ADDICTIONS



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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book. Be Free From Your Overeating Disorder You have just discovered a proven step-by-step systematic approach that will break you free from food addiction, binge eating and emotional eating. You most likely have heard that eating disorders and obesity are linked to each other. If you are struggling with an overeating disorder or are already obese because of one this book will change your life. Having an eating disorder can make you feel like an invisible force is controlling your every move. Even though we know better one bowl of ice cream leads to us binge eating the whole pail. That one piece of brownie becomes the whole pan. If we so badly want to control ourselves then what keeps pushing us further away from doing just that. The more we resist overeating the worse it seems to get. Your overeating doesn't come down to poor nutritional knowledge, lack of willpower or some personality defect. You are not broken and do not need fixing. This isn't your fault so you can relieve yourself of feeling hopeless and depressed. The problem and solution both lie in your habitual eating patterns which are easily changed. Regaining Control Have you been using all the latest fad diets in hopes life will change? Do you have that love-hate relationship with food and wish you could finally just enjoy it, guilt free? Does your day start with great healthy intentions only to end with a fat laden take out meal? Do you feel your eating is out of control? You can develop key skills that make overeating next to impossible. Once you apply these skills to your life your constant battle with overeating will come to an end. The solutions you find...



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