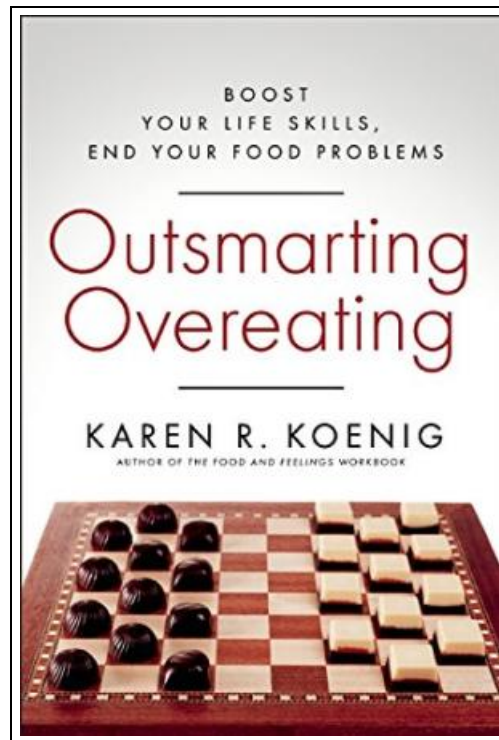


Outsmarting Overeating: Boost Your Life Skills, End Your Food Problems



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It is great and fantastic. I actually have read and so i am certain that i am going to going to go through once again yet again in the future. I realized this ebook from my dad and i encouraged this book to find out.
(Dr. Kayden Gerlach)

OUTSMARTING OVEREATING: BOOST YOUR LIFE SKILLS, END YOUR FOOD PROBLEMS



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New World Library. Paperback. Book Condition: new. BRAND NEW, Outsmarting Overeating: Boost Your Life Skills, End Your Food Problems, Karen R. Koenig, Use Life Skills, Not Willpower, to Stop Overeating The reason you turn to food when you're stressed or distressed is that you don't have better ways of managing life's ups and downs. According to Karen R. Koenig, an expert on the psychology of eating, you can transform your eating habits -- and your life -- by developing effective life skills. When you have enhanced skills, you won't need to turn to mindless eating to make it through the day and will get the best out of life rather than letting life get the best of you. With Koenig's guidance, you'll learn how to establish and maintain functional relationships, take care of yourself physically and emotionally, think rationally, and create a passionate, joyful, and meaningful life. When these behaviors take root and become automatic, food becomes what it is meant to be: nourishment and one of life's many pleasures.



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