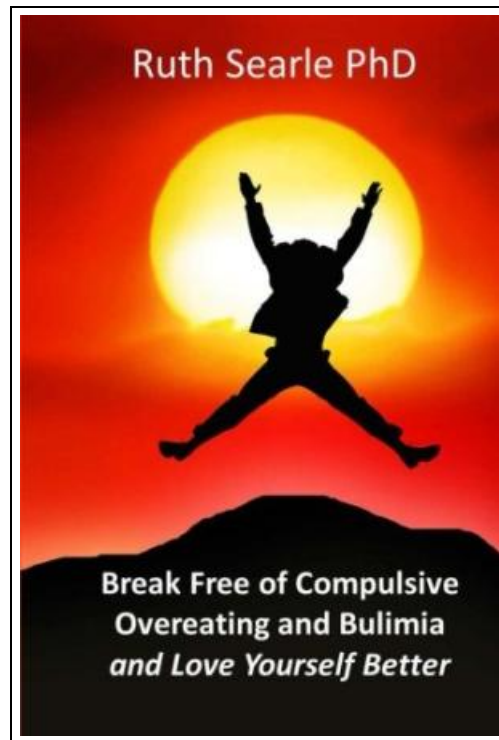


Break Free of Compulsive Overeating: And Love Yourself Better.



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Reviews

This ebook is wonderful. Of course, it really is perform, nevertheless an interesting and amazing literature. Its been printed in an extremely straightforward way and it is simply after i finished reading this ebook where in fact changed me, modify the way i believe.
(Prof. Maxwell Stracke)

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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Compulsive overeating and bulimia disorders, affects an estimated 30 percent of the population in the UK. As well as obesity, common results include shame, guilt and social distress, while physical complications include the risk of fatigue, high blood pressure, diabetes and some cancers as well as a host of unpleasant symptoms. A psychological approach to overeating can be an effective form of treatment. But in this practical book, Ruth Searle also examines the physical and physiological causes of the disorder which are often overlooked. The topics covered include: Understanding how the modern diet contributes to food addiction The motivations for eating and drinking Why a natural diet is best Why diets don't work Finding your triggers for overeating Taking control again Coping with eating and social situations Your lifetime plan for keeping your weight under control Breaking Free of Compulsive Overeating and Bulimia shows that there are simple, effective and enjoyable ways of overcoming compulsive eating and bulimia. Ruth Searle explores how sufferers can free themselves from addictive cravings, discover their social and psychological triggers and, instead of dieting, establish a lifetime plan of healthy eating and sensible exercise.



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