



Why We Overeat and How to Stop (Paperback)

By Elizabeth Babcock Lcsw

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you struggle to control your weight and can't escape the endless cycle of yo-yo dieting that always seems to leave you worse off than when you started, this book offers a groundbreaking approach that could change everything. The author uses basic brain science—explained in simple, everyday terms—to show why most of us continue to overeat despite desperately wishing we could stop, and why our efforts at change so seldom stick. Once you understand how this works, you can stop beating yourself up and start using your new knowledge to manage your urges more effectively. You can begin relating to food in a way that empowers you to eat with dignity and real satisfaction even as it supports your health. The author shares many practical and effective strategies to help you get started, all written in a style that is clear, compassionate, and easy to follow. Peace with food is possible, and this book is an indispensable tool for helping you to achieve it. This book combines compassion, science-supported information, and a practical guide to light the way toward a...



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