



Stop Overeating Start Living: The Secrets to Eliminating Binging, Emotional Eating and Food Addictions (Paperback)

By Darrin Wiggins

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 pan. 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...



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