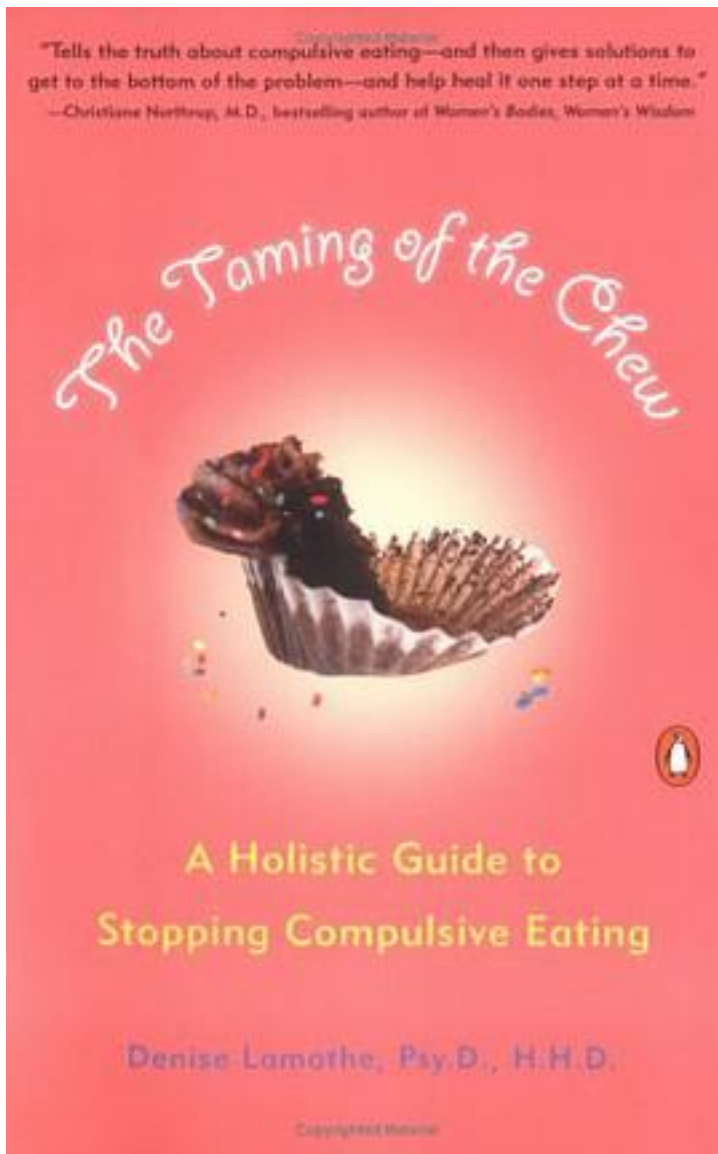


The Taming of the Chew



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著者:Denise Lamothe

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Psychologist and doctor of holistic health Denise Lamothe presents a complete program to combat overeating, showing compulsive eaters how to take control of their dependence on and obsession with food. Lamothe targets the enemy as "the Chew," which she describes as the "hurtful, persistent, out-of-control part of each of us." The Chew is what keeps overeaters from sticking to a dietary plan and can compel them to go on eating binges. Lamothe shows how to tame the Chew by explaining the problem from psychological, social, spiritual, and biological perspectives; presenting her comprehensive plan for holistic healing and change; and showing how to avoid relapses by building self-esteem.

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