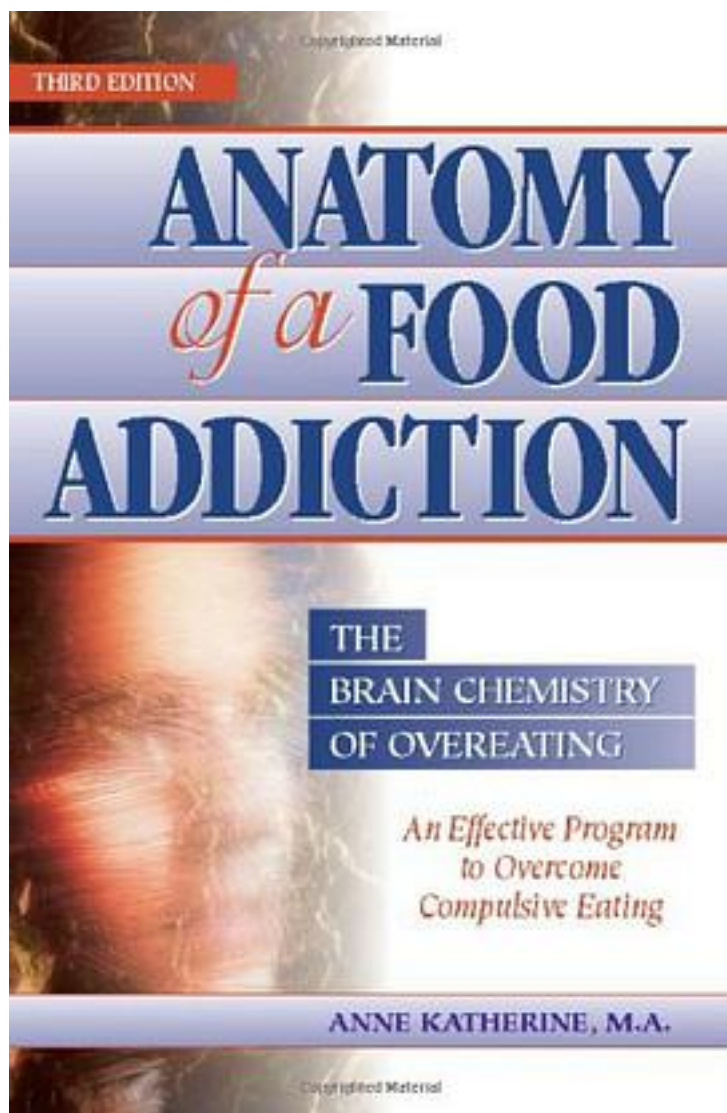


Anatomy of a Food Addiction



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HOPE, HELP, AND A REAL EXPLANATION FOR THE DISEASE OF FOOD ADDICTION If you have struggled with compulsive eating, dieting, and the guilt and conflict they bring, your life will be changed by this important, life-affirming, and astonishingly wise book. Anne Katherine, a Certified Eating Disorders Therapist and former compulsive eater, explains the chemical reactions in the brain that work in conjunction with lifelong emotional conflicts to make food—particularly sugar and refined carbohydrates—such a comfort that it's almost like a drug. Once you realize that your binge eating is a physical disease that can be treated, you can use the book's self-tests, exercises, examination of family issues, and complete recovery program for newfound understanding and confidence.

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