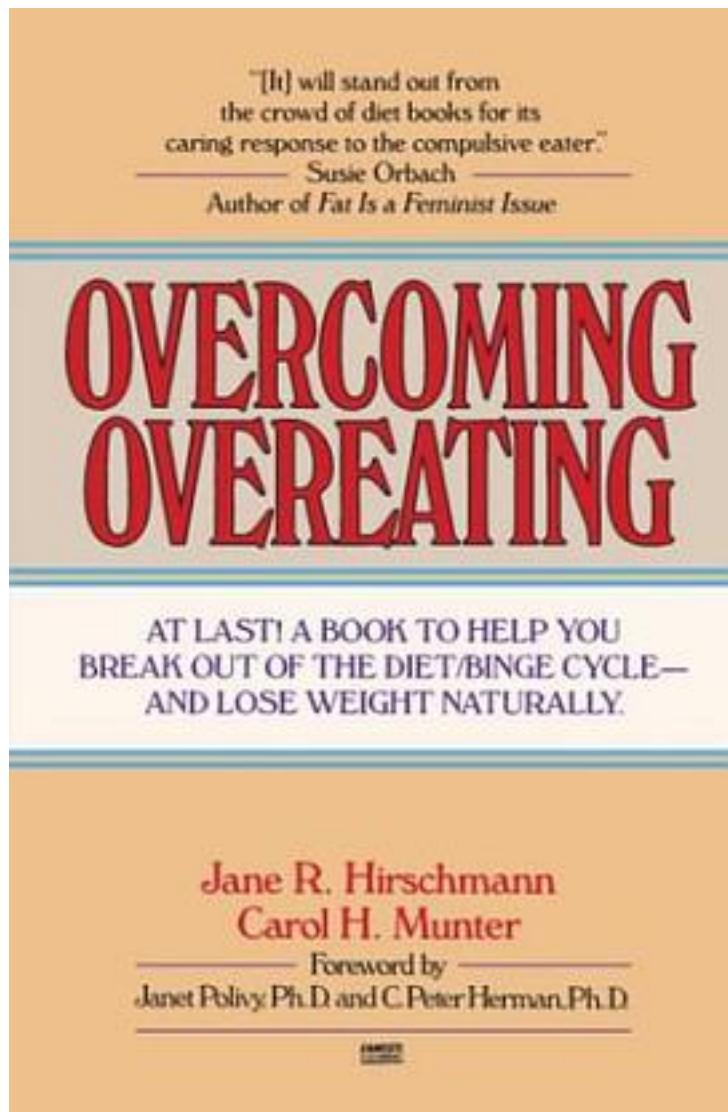


Overcoming Overeating



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Book Description AT LAST! A BOOK TO HELP YOU BREAK OUT OF THE DIET/BINGE CYCLE--AND LOSE WEIGHT NATURALLY.Diet/binge. Good food/bad food. Punishment/reward. These are the compulsive eater's nightmares, a longtime pattern of recrimination and guilt that ultimately leads to more overeating and more weight gain. Now, for the first time, here is a proven, step-by-step plan that doesn't control your eating habits--but cures them, once and for all. OVERCOMING OVEREATING will show you how to: Give up dieting forever and discover that you actually eat much less without the pressure of restraints Eat from true stomach hunger instead of "mouth" hunger--the emotional trigger that makes you turn to food even though you're not hungry Enjoy the enormous satisfaction of meeting true hunger with the foods you most desire Stop overeating and lose weight naturally Move beyond your negative preoccupation with eating and weight toward a fuller, more satisfying life Inside Flap Copy AT LAST! A BOOK TO HELP YOU BREAK OUT OF THE DIET/BINGE CYCLE--AND LOSE WEIGHT NATURALLY.Diet/binge. Good food/bad food. Punishment/reward. These are the compulsive eater's nightmares, a longtime pattern of recrimination and guilt that ultimately leads to more overeating and more weight gain. Now, for the first time, here is a proven, step-by-step plan that doesn't control your eating habits--but cures them, once and for all. OVERCOMING OVEREATING will show you how to: Give up dieting forever and discover that you actually eat much less without the pressure of restraints Eat from true stomach hunger instead of "mouth" hunger--the emotional trigger that makes you turn to food even though you're not hungry Enjoy the enormous satisfaction of meeting true hunger with the foods you most desire Stop overeating and lose weight naturally Move beyond your negative preoccupation with eating and weight toward a fuller, more satisfying life --This text refers to an out of print or unavailable edition of this title. See all Editorial Reviews

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