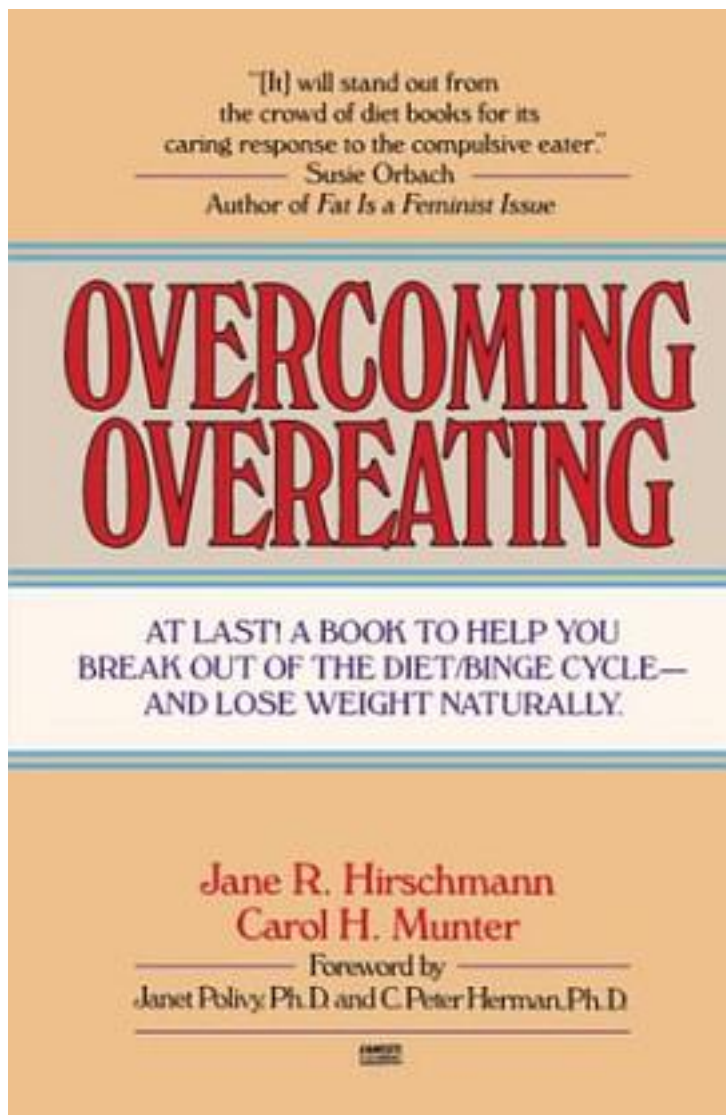


# Overcoming Overeating



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出版者:

出版时间:1989-5

装帧:

isbn:9780449904077

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: &#184;&#160;&#160;&#160;Give up dieting forever and discover that you actually eat much less without the pressure of restraints &#184;&#160;&#160;&#160;Eat from true stomach hunger instead of "mouth" hunger--the emotional trigger that makes you turn to food even though you're not hungry &#184;&#160;&#160;&#160;Enjoy the enormous satisfaction of meeting true hunger with the foods you most desire &#184;&#160;&#160;&#160;Stop overeating and lose weight naturally &#184;&#160;&#160;&#160;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: &#184;&#160;&#160;&#160;Give up dieting forever and discover that you actually eat much less without the pressure of restraints &#184;&#160;&#160;&#160;Eat from true stomach hunger instead of "mouth" hunger--the emotional trigger that makes you turn to food even though you're not hungry &#184;&#160;&#160;&#160;Enjoy the enormous satisfaction of meeting true hunger with the foods you most desire &#184;&#160;&#160;&#160;Stop overeating and lose weight naturally &#184;&#160;&#160;&#160;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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