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## Binge Eating SOS-Overcome Food Addiction and Cure Binge Eating Disorder with Prov: Stop Over Eating, Sugar Addiction, Compulsive Overeating, Emotional Eating, Sugar Craving, Obesity (Paperback)

By Joan Hilton

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Binge Eating SOS-Overcome Food Addiction and Cure Binge Eating Disorders with a Secret Step by Step Program Before we start, answer these simple questions- Are you struggling with binge eating, emotional eating, stress eating or overeating? Are you managing to lose weight repeatedly only to gain it all back ? Have you tried diet after diet with no permanent success? Do you constantly think about how obese you are or need to lose weight? Do you always feel driven to eat when you are not hungry ? Have you felt the urge to continue eating even when you are full? Do you dream of living a life totally free of all the negative self-perceptions that come with this nightmare disorder ie the eating disorder? If you answered yes to at least one of the above questions, then this book is just what you need to get informed, grow confident, and take the steps necessary to get exactly what you want out of your life and your relationship with food! In Binge Eating SOS-Overcome Food Addiction and Cure Binge Eating Disorders with Proven...



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