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Overcome Food Addiction: Step By Step Guide to Solve Emotional Eating for a Better and Happier Life (Overeating & Diet)

Erika Wallace

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If you have a troubled relationship with food, “Overcome Food Addiction: Step By Step Guide to Solve Emotional Eating for a Better and Happier Life” is a must read for you. Outlining everything you need to know about food addiction this book holds your hand as you prepare to make the biggest change in your life – becoming a non-addict.

“Overcome Food Addiction: Step By Step Guide to Solve Emotional Eating for a Better and Happier Life” begins by helping you to understand just what food addiction is and what it means and slowly moves through the steps you must take to overcome your addiction. Whether you are a repeat customer trying your hand yet again at recovery or whether this is your first time tackling your problem with food addiction, this is a book that will help you to see things in a brand new light and give you the motivation it takes to keep on track.
As you journey through " Overcome Food Addiction: Step By Step Guide to Solve Emotional Eating for a Better and Happier Life” you will come to understand that you are not alone in your journey, and you will find out just where you can go for support from like-minded people as you make your journey to a healthier you!

Forget the books that teach diet plans that “work” or books that tell you that your food addiction is all in your head, “Overcome Food Addiction: Step By Step Guide to Solve Emotional Eating for a Better and Happier Life” understands that food addiction is so much more and makes no such claims while presenting you with the resources you need to make change. Inside this book, you will come to understand that your journey into a healthy relationship with food will begin and end with you, but it isn’t a journey you must make alone.

Here is a preview of what you will learn from this book:

• The physical symptoms of food addiction
• How to determine if you really are a food addict
• Deciding whether Food Addicts Anonymous is right for you
• How to prepare yourself for change
• And Much More

Don’t Delay, Download This Book Today!

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