



## 33 Ways to Break Free from Binge Eating

By Nia Shanks

Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Break Free from Binge Eating, for Good. Binge eating isn't just about eating too much food and feeling completely out of control over what and when you eat. It also causes other issues such as: -Having a negative self-image (e.g. I hate how I look! ) -Over exercising in an attempt to burn off the calories from the most recent binge -Revolving your life around a diet in an attempt to stop binge eating (but it only makes things much worse) -Constantly obsessing over food -And other problems 33 Ways to Break Free from Binge Eating will allow you to: -STOP obsessing over what you eat -STOP revolving your life around a diet -STOP over exercising in an attempt to burn off the calories from your most recent binge And you will: -Finally love your body - not just for how it looks, but for what it can DO -Discover the simple, sane, flexible, obsessive-free nutrition guidelines that turn into sustainable, life-long habits that will allow you to achieve your health and fitness goals -Become the strongest,...



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