

Stop Overeating, Binge Dieting, and Enjoy Your Life in a Healthy Body

Are you tired of feeling out of control around food?

Do you find yourself overeating or binge dieting, only to end up feeling worse about yourself?

If so, you're not alone. Millions of people struggle with disFree Downloaded eating habits. But there is hope.

In her book, **Stop Overeating, Binge Dieting, and Enjoy Your Life in a Healthy Body**, therapist Christy Harrison offers a compassionate and evidence-based approach to overcoming disFree Downloaded eating.



Eat Your Cake and Wear Your Skinny Jeans Too!: Stop Overeating, Binge Dieting and Enjoy Your Life in a Healthy Body by Helen Marie

★★★★☆ 4.2 out of 5

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| Language | : English |
| File size | : 523 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 98 pages |
| Lending | : Enabled |



This book will help you:

- Understand the root causes of your disFree Downloaded eating

- Develop a healthy relationship with food and your body
- Break the cycle of overeating and binge dieting
- Create a life you love, free from food obsession

If you're ready to make a change, this book is for you. Christy Harrison will guide you every step of the way.

What readers are saying:



““This book is a lifesaver. I've struggled with disFree Downloaded eating for years, and nothing has helped me as much as this book. Christy Harrison's approach is compassionate, evidence-based, and effective. I highly recommend this book to anyone who struggles with disFree Downloaded eating.” - Our Book Library customer”



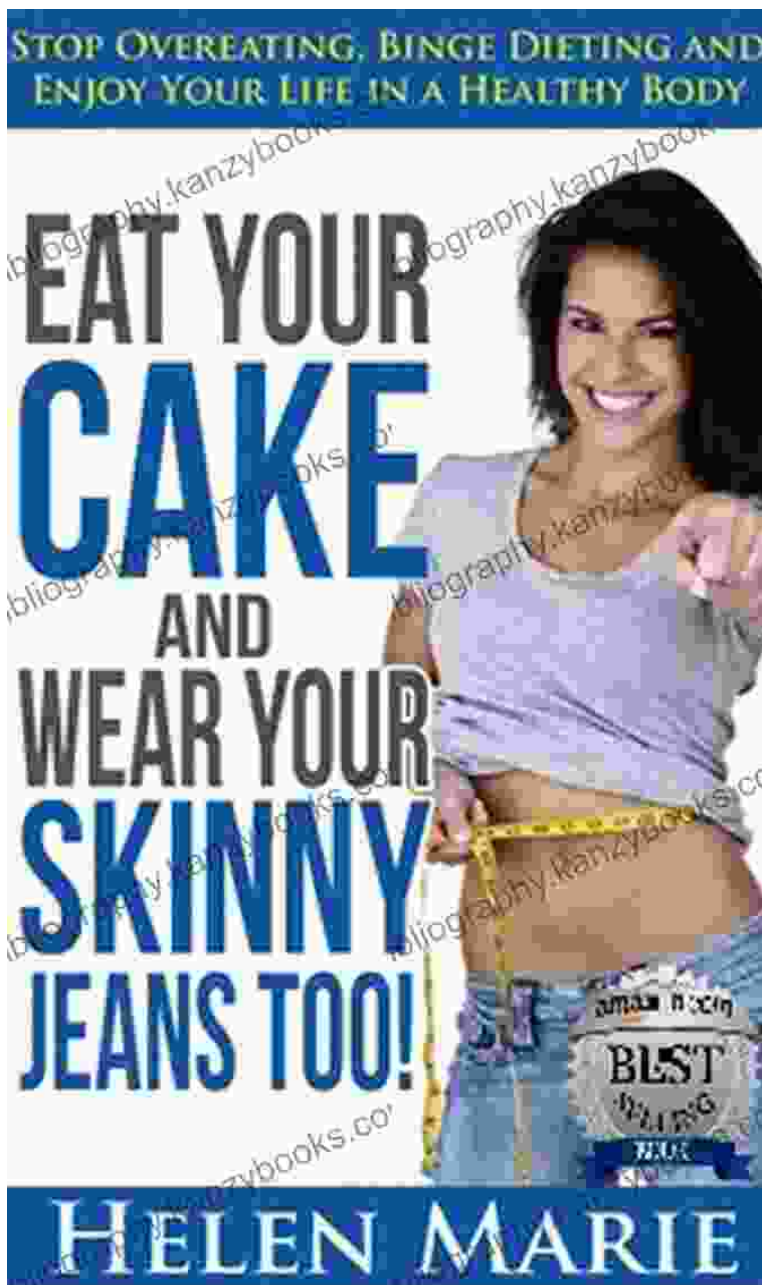
““I've read dozens of books on disFree Downloaded eating, and this is by far the best. Christy Harrison writes with such compassion and understanding. She really gets what it's like to struggle with disFree Downloaded eating. I'm so grateful for this book.” - Goodreads reviewer”

Free Download your copy today!

Stop Overeating, Binge Dieting, and Enjoy Your Life in a Healthy Body is available now on Our Book Library, Barnes & Noble, and other major

retailers.

Free Download your copy today!

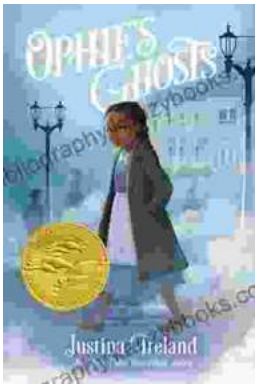


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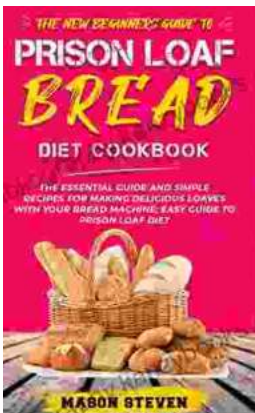


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