



Overcoming Food Addiction: A guide on how to overcome your binge eating problem for good!

Sarah Meekes

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Overcoming Food Addiction

Download This Great Book Today! Read On Your Computer, MAC, Smartphone, Kindle Reader, iPad, or Tablet!

This book will explain to you exactly what food addiction is, what can cause it, the signs and symptoms, how to diagnose the severity of the condition, and most importantly how to overcome it!

Food addiction can ruin lives, self confidence, self-esteem, cause a huge range of health problems from diabetes to depression, and can even lead to an early grave.

No one deserves to suffer from this condition, and it is one that absolutely everybody has the power to overcome.

This book will explain to you the steps and strategies you need to follow to successfully overcome this condition for life!

Whether you personally suffer from food addiction, or a family member or friend does, this book will have something to offer you.

With the help of the steps provided in this book you will be able to devise an action plan that will have you well on your way to overcoming your food addiction for life!

Here Is A Preview Of What You'll Learn...

- What is binge eating disorder?
- How to diagnose your addiction
- What's causing your addiction
- Forming goals based on the cause of addiction
- The secret to succeeding
- How to form reinforcing habits
- How to end your binge eating... forever!
- Much, much more!

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tags: food addiction, binge eating, eating addiction, food addict, eating disorder, overeating, food addiction cure, over eating, binge eating cure, overcome food addiction, stop food addiction, addicted to food, food addiction workbook, compulsive eating, emotional eating, food addiction recovery, binge eating self help, food addiction self help, binge eating help

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