



# 33 Ways to Break Free from Binge Eating (Paperback)

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 thing 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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