



Emotional Overeating: Know the Triggers, Heal Your Mind, and Never Diet Again (The Praeger Series on Contemporary Health and Living)

Marcia M.D. Sirota

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This compelling book examines what causes compulsive eating, and provides methods for dealing with the emotional and psychological issues at the root of the problem.

- Includes vignettes that illustrate the triggers for overeating and solutions for stopping
- Details how to eat for both physical and emotional health

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