

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



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*(Evan Sporer)*

## 33 WAYS TO BREAK FREE FROM BINGE EATING (PAPERBACK)



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, most awesome version of yourself -Use exercise and strength training to LOVE your body, not just for how it looks, but for what it can do -Develop a health and fitness regimen that enhances your life, and not dominate it What's really special about this book - aside from its ease of reading and abundance of practical information - is that its author has won her own battle with binge eating. Therefore, what follows is not just a set of research-based solutions, but also Nia's powerful, personal touch as someone who has been through the struggle and emerged...



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