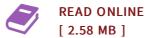




Why Weight?: A Workbook for Ending Compulsive Eating

By Geneen Roth

Penguin Publishing Group, United States, 1993. Paperback. Book Condition: New. Reissue. 224 x 150 mm. Language: English . Brand New Book. With the publication of her groundbreaking books, Feeding the Hungry Heart, and Breaking Free From Compulsive Eating, Geneen Roth has helped hundred of thousands of people win their battle against the destructive binge-diet cycle. Now this remarkable companion workbook shows compulsive eatersin a constructive, non-judgmental wayhow to stop using food as a substitute for handling difficult emotions or situations and how to enjoy eating and still lose weight naturally. By using the liberating exercises and techniques developed by Geneen Roth in her highly succesful Breaking Free#174 workshops, dieters, who ve tried every conceivable dietlosing weight again and again, only to gain it backand bingers, who are harming their health, can learn wholesome, beneficial ways to achieve their goals. This proven program offers reassuring guidlines on: Letting food become a source of pleasure rather than anxietyKicking the scalewatching the habitforever!Recognizing the difference between physical and emotional hungersLearning to say noListening to, and trusting, your body s hunger and fullness signalsDistinguishing forbidden foods from those you truly wantUncovering the conflicts that stand between your desire to lose weight and your urge...



Reviews

Most of these publication is the perfect ebook accessible. It is amongst the most awesome publication i have got read through. You wont truly feel monotony at whenever you want of the time (that's what catalogs are for regarding in the event you request me).

-- Prof. Edgar Kshlerin

It is easy in study safer to comprehend. It can be writter in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Emmitt Harber