



Introducing Overcoming Problem Eating: A Practical Guide

By Patricia Furness-Smith

Icon Books Ltd. Paperback. Book Condition: new. BRAND NEW, Introducing Overcoming Problem Eating: A Practical Guide, Patricia Furness-Smith, From comfort eating and skipping meals to anorexia nervosa and bulimia nervosa, our relationship with food is at breaking point. With expert advice from an experienced psychologist, this book will help you get back on track and get the help you need. BREAK BAD HABITS and replace them with better ones UNDERSTAND YOUR ISSUES so you can move forward LOVE YOUR BODY by learning to accept yourself OVERCOME YOUR FEARS and discover how to enjoy food again.



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Otis Wisoky**

This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- **Dr. Everett Dicki DDS**