

Food: the Good Girl's Drug: How to Stop Using Food to Control Your Feelings

"Clear, well-informed, evocative, and caring."
—NANCY WOLF

food: the good girl's drug
How to Stop Using Food to Control Your Feelings



Sunny Sea Gold
Founder of HealthyGirl.org



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Book Review

An incredibly great book with perfect and lucid reasons. It really is written in straightforward words instead of confusing. I am just very easily could get a delight of reading through a written pdf.

(Curt Bogan)

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