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Compulsive Eating Help: Breaking Free from Compulsive Eating

By Anne Curtis

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you one of those struggling to put a stop to compulsive eating? Do you find it difficult to keep from eating especially when you are overwhelmed? Are you ready to embrace the challenge to turn from compulsive eating to smart eating? Compulsive Eating Help is a simple and straightforward guide to help you break free from eating uncontrollably. o This practical and easy guide will help you: o understand what is compulsive eating o Manage your emotions in order to manage overeating habits o Distinguish hunger and plain food craving o End your meal with ease o Start exercising and get yourself busy.



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