

# [Download] Food: the Good Girl's Drug: How to Stop Using Food to Control Your Feelings

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

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



**Sunny Sea Gold**  
Founder of HealthyGirl.org

**CONTINUE ►**

Sunny Sea Gold started fighting a binge eating disorder in her teens. But most books on the topic were aimed at older women, women she had a hard time relating to. Calling on top psychiatrists, nutritionists, and fitness experts, Sunny offers real advice to a new generation fighting an age-old war. With humor and compassion from someone who's seen it all, *Food: The Good Girl's Drug* is about experiences shared by many women—whether they've been struggling with compulsive overeating their whole lives, or have just admitted to themselves, that yes, it's more than just a bad habit.

**CONTINUE ►**

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