



## Ending The Diet Binge Cycle How I finally stopped dieting myself fat

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By Michelle George

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 114 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book was written for those who have become discouraged after years of trying unsuccessfully to stop bingeing away their life. It is the story of how one woman finally stopped dieting herself fat and found peace of mind after spending 15 years stuck in a seemingly never ending cycle of dieting and bingeing. The goal of this book is to generate hope by sharing the struggles, journey to recovery and a happy ending that included both weight loss and a permanent end to compulsive dieting and exercise. Although the book does include some of the specific methods used when recovering from the unhappy triad of compulsive dieting, binge eating and obligatory exercise, the main message is not in the details of one individuals recovery. Rather it is the message that it is possible to find a solution to disordered eating even after years of failed attempts. As evidence of the extent of the recovery achieved, the book provides a glimpse into life before and after embracing a no-more-dieting philosophy. How much different daily life, holidays and relationships...



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### Reviews

*This written publication is wonderful. It really is loaded with knowledge and wisdom You will not really feel monotony at at any time of your time (that's what catalogues are for relating to if you ask me).*

-- **Desmond Becker**

*Absolutely essential go through publication. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of the time (that's what catalogues are for regarding if you ask me).*

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