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By Geneen Roth

Penguin Publishing Group, United States, 1993. Paperback. Book Condition: New. Reissue. 224 x 150 mm. Language: English . Brand New Book. With the publication of her groundbreaking books, *Feeding the Hungry Heart*, and *Breaking Free From Compulsive Eating*, Geneen Roth has helped hundred of thousands of people win their battle against the destructive binge-diet cycle. Now this remarkable companion workbook shows compulsive eaters in a constructive, non-judgmental way how to stop using food as a substitute for handling difficult emotions or situations and how to enjoy eating and still lose weight naturally. By using the liberating exercises and techniques developed by Geneen Roth in her highly successful *Breaking Free* #174 workshops, dieters, who've tried every conceivable diet losing weight again and again, only to gain it back and bingers, who are harming their health, can learn wholesome, beneficial ways to achieve their goals. This proven program offers reassuring guidelines on: Letting food become a source of pleasure rather than anxiety Kicking the scale-watching the habit forever! Recognizing the difference between physical and emotional hunger Learning to say no Listening to, and trusting, your body's hunger and fullness signals Distinguishing forbidden foods from those you truly want Uncovering the conflicts that stand between your desire to lose weight and your urge...



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