



Why Weight? A Guide to Ending Compulsive Eating

Geneen Roth

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With the publication of her ground-breaking 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® 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 hungers
- 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 to eat compulsively
- Discovering other pleasures besides food

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Elaine Bell:

People live in this new day of lifestyle always aim to and must have the free time or they will get great deal of stress from both daily life and work. So , when we ask do people have free time, we will say absolutely without a doubt. People is human not just a robot. Then we request again, what kind of activity are you experiencing when the spare time coming to you of course your answer will probably unlimited right. Then ever try this one, reading books. It can be your alternative with spending your spare time, the particular book you have read is Why Weight? A Guide to Ending Compulsive Eating.

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