



Breaking Free from Compulsive Eating

By Geneen Roth

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There is an end to the anguish of compulsive eating - and this book tells how to achieve it. Geneen Roth, whose *Feeding the Hungry Heart* brought understanding and acceptance to tens of thousands of readers, now outlines a proven program for resolving the conflicts at the root of eating disorders. Using simple techniques developed in her highly successful seminars, she offers reassuring, practical advice on : Learning to recognize the signals of physical hunger Eating without distraction Knowing when to stop Kicking the scale-watching habit Withstanding social and family pressures And many more strategies to help you break the binge-diet cycle - forever.

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Bonnie Skelton:

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