



Introducing Overcoming Problem Eating: A Practical Guide (Introducing...)

Patricia Furness-Smith

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From comfort eating and skipping meals to anorexia nervosa and bulimia nervosa, our relationship with food is at breaking point. With expert advice from an experienced psychologist, this book will help you get back on track and get the help you need. **BREAK BAD HABITS** and replace them with better ones
UNDERSTAND YOUR ISSUES so you can move forward **LOVE YOUR BODY** by learning to accept yourself **OVERCOME YOUR FEARS** and discover how to enjoy food again

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