



FitMentality: The Ultimate Guide to Stop Binge Eating: Achieve the Mindset for the Fit Body You Want (Binge Eating Recovered, Overeating, Compulsive ... Addiction, Intuitive Eating, Mindful Eating)

Dr. Kim Chronister

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This book is the ultimate guide to achieve the body you deserve and break the binge eating cycle for good. This is a book for those who have longed to break the binge eating cycle and finally obtain the ideal mind and body. This book is based on evidence and is written by a health psychology professional with years of experience helping individuals become motivated to exercise and treating clients struggling with binge eating behaviors. This book is not just about breaking the binge eating cycle. By learning to work through the causes and utilize evidence-based tools, you will feel more energy, more joy, more confidence, enjoy your body and cope better with life's stressors. There are endless possibilities when you finally break free from binge eating. Tags: Binge Eating Disorder, Emotional Eating, Binge eating, Mindful Eating, Food Addiction, Addictions, Eating Disorders, Weight Loss, Overeaters, Bingeing, Intuitive Eating, Overeating, how to stop binge eating, how to stop overeating, health psychology, lifestyle transformations, health and wellness, makeover

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