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Overcoming Overeating (English Edition)

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OVERCOMING OVEREATING

**How to
Break the Diet/Binge Cycle
and Live a Healthier,
More Satisfying Life**

Jane R. Hirschmann & Carol H. Munter

Authors of
When Women Stop Hating Their Bodies

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(Free and download) Overcoming Overeating (English Edition)

Par Jane R. Hirschmann, Carol H. Munter : Overcoming Overeating (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Overcoming Overeating (English Edition):

Description : Description du produitAT LAST! A BOOK TO HELP YOU BREAK OUT OF THE DIET/BINGE CYCLE--AND LOSE WEIGHT NATURALLY.Diet/binge. Good food/bad food.

Punishment/reward. These are the compulsive eater's nightmares, a longtime pattern of recrimination and guilt that ultimately leads to more overeating and more weight gain. Now, for the first time, here is a proven, step-by-step plan that doesn't control your eating habits--but cures them, once and for all. OVERCOMING OVEREATING will show you how to: Give up dieting forever and discover that you actually eat much less without the pressure of restraints Eat from true stomach hunger instead of "mouth" hunger--the emotional trigger that makes you turn to food even though you're not hungry Enjoy the enormous satisfaction of meeting true hunger with the foods you most desire Stop overeating and lose weight naturally Move beyond

your negative preoccupation with eating and weight toward a fuller, more satisfying life

Prsentation de l'diteurThe reissue of a classic in healthy living, with more than 300,000 copies sold!Diet/binge. good food/bad food. punishment/reward. These are the compulsive eater's nightmares, a long-time pattern of recrimination and guilt that ultimately leads to more overeating and more weight gain. In an updated edition, here is the ground-breaking, step-by-step plan that doesn't control eating habits but cures them instead, once and for all. Overcoming Overeating will show you how to:* Give up dieting forever * Eat from true stomach hunger instead of "mouth hunger" * Stop overeating and lose weight naturally * Move beyond a preoccupation with eating and weight in order to live a more satisfying lifeFrom Publishers WeeklyHirschman and Munter, who teach at Manhattan's New School for Social Research and conduct therapy groups, here present a three-part program to help overeaters to "live free in a world of food." The authors warn against dieting, with its weight-off-on-again discouragements, focusing on methods successfully adopted by their clients. Case histories dramatize the results of learning to distinguish "stomach hunger"the body's legitimate need for sustenanceand artificial craving for treats as substitute for emotional satisfaction. Interviewees quoted here who have conquered food obsessions support the authors' claim that the program is revolutionary. The book is wordy but engagingly informal and accessible. It includes two questionnaires, one of which the authors request readers complete and return to them. First serial to Family Circle; Psychotherapy Book Club and Social Science Book Club selections. Copyright 1988 Reed Business Information, Inc.Prsentation de l'diteurThe reissue of a classic in healthy living, with more than 300,000 copies sold!Diet/binge. good food/bad food. punishment/reward. These are the compulsive eater's nightmares, a long-time pattern of recrimination and guilt that ultimately leads to more overeating and more weight gain. In an updated edition, here is the ground-breaking, step-by-step plan that doesn't control eating habits but cures them instead, once and for all. Overcoming Overeating will show you how to:* Give up dieting forever * Eat from true stomach hunger instead of "mouth hunger" * Stop overeating and lose weight naturally * Move beyond a preoccupation with eating and weight in order to live a more satisfying life