



## Help! I Can't Stop Eating: Getting to the Root of Your Overeating (Paperback)

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By Lana Zincone, Kim Cutulle

Createspace, United States, 2013. Paperback. Book Condition: New. 198 x 128 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Help! I Can't Stop Eating helps readers find freedom and good health in our weight-obsessed culture, and promises to make a real difference in our lives. It gets to the heart of the problem. Lana Zincone's book is exceptional in its clarity and practicability. Her story captures her personal experience of the struggles and the emotional roller coaster ride she endured with food. It illustrates how our relationship with food shapes our lives often becoming the dominant factor, concealing the real reason for our overeating. The book takes the reader through the irrational thought processes we go through when struggling with our weight and why dieting simply does not work. Dealing with the core issues surrounding food is the only way to achieve sustainable weight loss. The Method offered changes your core beliefs and shows you how to get to the root of your problem and resolve it permanently. For anyone who has struggled with overeating, Help! I Can't Stop Eating is the most important book you will read this year.

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