



The Hunger Fix: The Three-stage Detox and Recovery Plan for Overeating and Food Addiction

By Pamela Peeke, Mariska van Aalst

Rodale Press Inc. Paperback. Book Condition: new. BRAND NEW, The Hunger Fix: The Three-stage Detox and Recovery Plan for Overeating and Food Addiction, Pamela Peeke, Mariska van Aalst, The body's built-in reward system, driven by the chemical dopamine, tells us to do more of the things that give us pleasure: Creative energy, falling in love, entrepreneurship, and even the continued propagation of the human race are driven by this system. Unfortunately, so is the urge to overeat. In The Hunger Fix, Dr. Pam Peeke uses the latest neuroscience to explain how unhealthy food and behavioural "fixes" have ensnared us in a vicious cycle of overeating and addiction. She even shows that dopamine rushes in the body work exactly the same way with food as with cocaine. Luckily, we are all capable of rewiring, and the very same dopamine-driven system can be used to reward us for healthful, exciting, and fulfilling activities. The Hunger Fix lays out a science-based, three-stage plan to break the addiction to false fixes and replace them with healthier actions. Fitness guides, meal plans, and recipes are constructed to bolster the growth of new neurons and stimulate the body's reward system. Gradually, healthy fixes like meditating, going...



READ ONLINE
[1.14 MB]

Reviews

The ideal publication i possibly go through. I was able to comprehended every thing out of this published e publication. I am delighted to explain how this is actually the finest pdf i have got read inside my personal existence and could be he very best ebook for possibly.

-- **Roberto Friesen**

This written book is excellent. It typically is not going to price a lot of. I found out this book from my dad and i encouraged this book to discover.

-- **Darrin Abbott**

Other eBooks



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers (Paperback)

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...



The Darts of Cupid: And Other Stories

Pantheon. Hardcover. Book Condition: New. 0375421599 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!! * I...



Illustrated Computer Concepts and Microsoft Office 365 Office 2016 (Paperback)

Cengage Learning, Inc, United States, 2016. Paperback. Book Condition: New. Language: English . Brand New Book. Now you can master today s most important computer concepts as well as key Microsoft Office 2016 skills with the user-friendly approach found in ILLUSTRATED COMPUTER...



Good Tempered Food: Recipes to love, leave and linger over

Clearview. Paperback. Book Condition: new. BRAND NEW, Good Tempered Food: Recipes to love, leave and linger over, Tamasin Day-Lewis, Slow-cooked food and what the author likes to call 'good tempered food', is what proper cooking is all about. In fact, it's the...



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds, Nicola Baxter, Geoff Ball, This is a super-size first reading book for 3-5 year olds, with an engaging story, colourful pictures...
