



The Binge Eating Disorder Solution: Proven Ways To Stop Emotional Eating (Volume 1)

Thomas F. More

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Discover how to finally overcome Binge Eating Disorder, Sugar Addiction and Emotional Eating for good so that you can be fit, healthy and energetic! Get the Binge Eating Help you need! People who suffer from binge eating disorder or recurring episodes of emotional eating are often so ashamed of their bingeing that they refuse to get help for fear of being discovered. If you are one of these sufferers, know that you are not alone. There are resources available to help you heal from binge eating disorder, and many of them are available online. I've gathered some of the best tips, tricks, and pieces of advice to help you get started on your path toward binge eating recovery. In *The Binge Eating Disorder Solution*, you will learn specific step-by-step strategies to help you be able to overcome any desire or urge to binge eat. While many books will tell you not to eat certain foods and give you strategies to help you stop consuming them, they aren't dealing with the SOURCE of the problem. The source of binge eating can be a variety of factors, such as having certain emotions trigger a binge (like being depressed, sad, bored, or tired), or it could be a deficiency in certain nutrients, or it could be just a pattern that you've conditioned in the past. The important thing to understand is that binge eating is a HABIT and that thousands of people have been able to overcome it, including myself. If you follow our easy to follow emotional eating solution steps, you will be free from binge eating disorder in no time and no longer have any desire to indulge in foods that you know are going to make fat and unhealthy. More than that, you won't feel the guilt, self-pity and depression after over-eating or bingeing and be able to feel free and happy. You're well on your way to losing weight, being fit, energetic, healthy, and happy for life! This is an effective emotional eating cure, so don't wait any longer and start your binge eating disorder treatment today! Keywords that apply to this self help book: Emotional eating books, binge eating treatment, binge eating workbook, overeating, overeating help, overeating disorder, overeating self help books, overeating and binge eating, binge eating disorder cure.

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