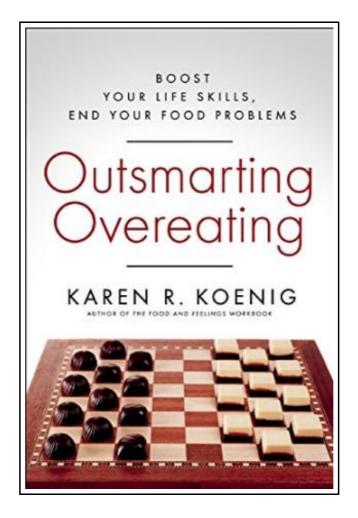
Outsmarting Overeating: Boost Your Life Skills, End Your Food Problems



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Reviews

This pdf is indeed gripping and interesting. It is definitely simplistic but shocks within the 50 percent of your book. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Michael Spinka)

OUTSMARTING OVEREATING: BOOST YOUR LIFE SKILLS, END YOUR FOOD PROBLEMS



New World Library. Paperback. Book Condition: new. BRAND NEW, Outsmarting Overeating: Boost Your Life Skills, End Your Food Problems, Karen R. Koenig, Use Life Skills, Not Willpower, to Stop Overeating The reason you turn to food when you're stressed or distressed is that you don't have better ways of managing life's ups and downs. According to Karen R. Koenig, an expert on the psychology of eating, you can transform your eating habits -- and your life -- by developing effective life skills. When you have enhanced skills, you won't need to turn to mindless eating to make it through the day and will get the best out of life rather than letting life get the best of you. With Koenig's guidance, you'll learn how to establish and maintain functional relationships, take care of yourself physically and emotionally, think rationally, and create a passionate, joyful, and meaningful life. When these behaviors take root and become automatic, food becomes what it is meant to be: nourishment and one of life's many pleasures.

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