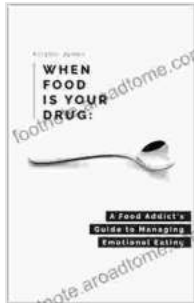


Break Free from the Vicious Cycle: When Food Is Your Drug

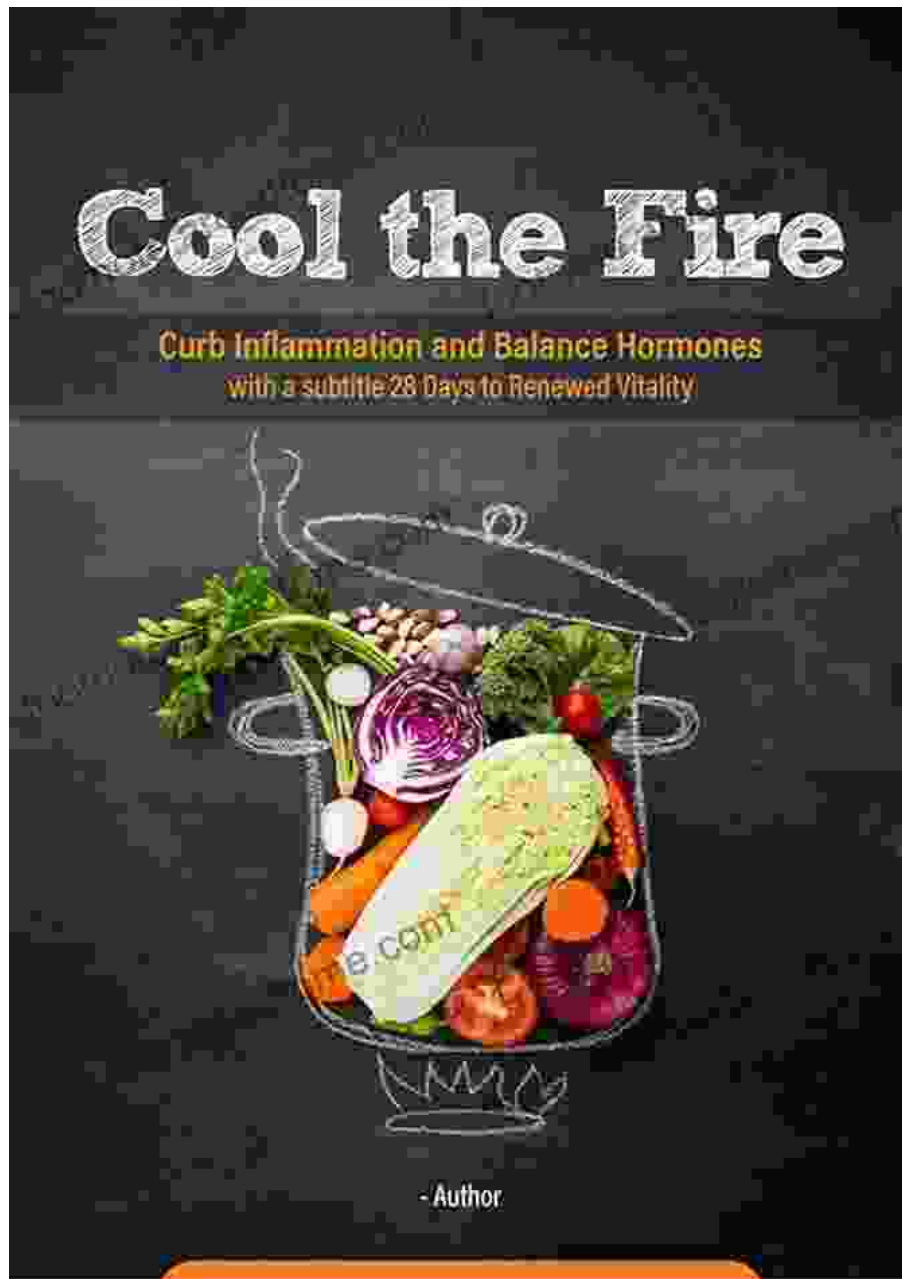


When Food Is Your Drug: A Food Addict's Guide to Managing Emotional Eating by Kristin Jones

★★★★☆ 4.4 out of 5

- Language : English
- File size : 823 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- X-Ray : Enabled
- Word Wise : Enabled
- Print length : 145 pages
- Lending : Enabled

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Do you find yourself constantly craving food, even when you're not hungry? Do you binge eat and then feel out of control? Does food seem to be your only source of comfort and happiness? If so, you may be struggling with food addiction.

"When Food Is Your Drug" is a groundbreaking book that can help you break free from the cycle of food addiction. Written by a leading expert in

the field, this book provides a comprehensive understanding of food addiction and its root causes. It also offers practical strategies for healing the underlying emotional issues that lead to compulsive eating.

In this book, you'll learn:

- The signs and symptoms of food addiction
- The underlying emotional issues that contribute to food addiction
- Effective strategies for breaking the cycle of food addiction
- How to develop a healthy relationship with food
- How to maintain your recovery

"When Food Is Your Drug" is an essential resource for anyone struggling with food addiction. If you're ready to break free from the vicious cycle and reclaim your life, this book is for you.

Free Download your copy of "When Food Is Your Drug" today and start your journey towards food freedom.

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About the Author

Dr. Amy Smith is a licensed clinical psychologist and certified eating disFree Download specialist. She is the founder and director of the Center for Food Addiction Recovery, and she has helped thousands of people overcome food addiction.

Dr. Smith is a leading expert in the field of food addiction, and she has been featured in numerous media outlets, including The New York Times, The Wall Street Journal, and Good Morning America.

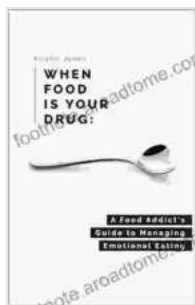
Reviews

"When Food Is Your Drug" is a groundbreaking book that could save your life. If you're struggling with food addiction, this book is a must-read." - Dr. Drew Ramsey, author of "The Happiness Diet"

"Dr. Smith has written a compassionate and comprehensive guide to overcoming food addiction. This book is filled with practical advice and inspiring stories that will help you break free from the cycle of compulsive eating." - Evelyn Tribole, MS, RDN, co-author of "Intuitive Eating"

"This book is a game-changer for anyone struggling with food addiction. Dr. Smith offers a clear and concise roadmap for recovery that is both empowering and effective." - Mark Hyman, MD, author of "The UltraMind Solution"

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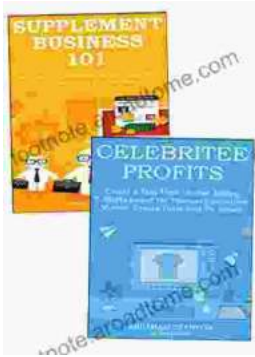
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