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Feed Your Real Hunger: Getting Off the Emotional Treadmill That Keeps You Overweight

By Jill K Thomas

Mind Body Health Publishing. Paperback. Book Condition: New. Paperback. 178 pages. Dimensions: 8.9in. x 5.9in. x 0.6in. Do you think of food as your drug of choice? Do you feel as though you've battled food and weight your entire life? Do you eat normally in public, then gorge yourself when you're alone? Do you like to cover up in baggy clothes, and shy away from full-length mirrors? Do thoughts of food and weight occupy your mind more than you'd like? Do you constantly criticize yourself for eating too much, not exercising enough, or not being thinner? If you answered yes to some or all of these questions, this book is a must-read! Jill K Thomas, certified hypnotherapist, weight-loss and stress reduction expert, helps you uncover the whole, authentic self hiding beneath all those food, weight, and body image issues. Guiding you along a once-in-a-lifetime journey both frightening and exhilarating, Jill gently encourages you to confront the self-defeating beliefs, stuffed-down emotions, and core fears that hold you trapped in the battle with food and fat. It's time to be free. . . it's time to be you! Jill Thomas, CCHT has been a health and wellness professional for over 15 years, specializing...



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