



# It's Not about Food: End Your Obsession with Food and Weight

*Carol Emery Normandi MFT, Laurelee Roark*

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**A revised and updated edition of the longstanding guide that has helped thousands struggling with emotional eating disorders.**

Based on the techniques used successfully by Beyond Hunger, a nonprofit organization dedicated to helping people overcome emotional eating disorders, *It's Not About Food* gives readers the practical advice and inspirational push they need to take care of their bodies, minds, and hearts and put an end to the roller coaster of dieting and binging.

This new edition includes updated statistics, a new section on the challenges of obesity, and a range of new personal accounts from eating disorder survivors and advice from the authors' recent Beyond Hunger workshops.

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It's Not about Food: End Your Obsession with Food and Weight can be one of your starter books that are good idea. We all recommend that straight away because this reserve has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining however delivering the information. The writer giving his/her effort to get every word into joy arrangement in writing It's Not about Food: End Your Obsession with Food and Weight however doesn't forget the main stage, giving the reader the hottest along with based confirm resource information that maybe you can be considered one of it. This great information can certainly drawn you into completely new stage of crucial considering.

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