

The Binge Cure: Steps to Outsmart Emotional Eating



The Binge Cure: 7 Steps To Outsmart Emotional Eating

by Nina Savelle-Rocklin

★★★★☆ 4.4 out of 5

Language : English

File size : 2047 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray : Enabled

Word Wise : Enabled

Print length : 158 pages



Are you tired of feeling out of control around food? Do you find yourself eating when you're not even hungry, or eating until you're stuffed? If so, you may be struggling with emotional eating.

Emotional eating is a common problem that can lead to weight gain, health problems, and low self-esteem. It's caused by a variety of factors, including stress, anxiety, depression, and boredom.

If you're struggling with emotional eating, there is help. The Binge Cure is a groundbreaking book that offers a step-by-step program to help you overcome emotional eating and take control of your weight.

The Binge Cure is based on the latest research on emotional eating. It teaches you how to identify your emotional triggers, develop healthy coping

mechanisms, and make lasting changes to your eating habits.

The Binge Cure is a compassionate and supportive guide that will help you:

- Understand the causes of emotional eating
- Identify your emotional triggers
- Develop healthy coping mechanisms
- Make lasting changes to your eating habits
- Lose weight and improve your health

If you're ready to take control of your emotional eating and lose weight, The Binge Cure is the book for you.

What Readers Are Saying

"The Binge Cure is a life-changing book. It helped me understand the causes of my emotional eating and develop healthy coping mechanisms. I've lost 30 pounds and I'm no longer controlled by food."

- Sarah

"The Binge Cure is the best book I've ever read on emotional eating. It's full of practical advice and support. I've been able to make lasting changes to my eating habits and lose weight."

- Jessica

"The Binge Cure is a must-read for anyone struggling with emotional eating. It's a compassionate and supportive guide that will help you take

control of your eating habits and lose weight."

- Laura

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