

How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting for Good, Get the Naturally Thin Body You Crave from the Inside Out



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Reviews

This publication is fantastic. It is one of the most amazing publication i have got study. I am just pleased to explain how this is actually the best pdf i have got read through in my individual lifestyle and could be he finest publication for possibly.

(Mr. Kristoffer Hills)

HOW TO HAVE YOUR CAKE AND YOUR SKINNY JEANS TOO: STOP BINGE EATING, OVEREATING AND DIETING FOR GOOD, GET THE NATURALLY THIN BODY YOU CRAVE FROM THE INSIDE OUT



Twirl Media, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.YOU ABSOLUTELY CAN STOP BINGE EATING (OR FEELING OUT OF CONTROL WITH FOOD) AND BE THIN! You are about to finally uncover the single reason why you've been experiencing such an uphill battle with food and your weight. And far more importantly, I am going to teach you the skills you need to win the food fight once and for all--without dieting. If you're looking for a real, proven, step-by-step solution to stop overeating and binge eating for good--so you can finally get thin and get on with your amazing life--then this book is for you. Is food your best friend--and your worst enemy? Are you stuck in a relentless tug-of-war between wanting (desperately) to lose weight, and the out-of-control urge to eat? Does your firm morning resolve to be good with food consistently crumble into a night of takeout on the couch, watching TV with Ben Jerry? Do you love food, but at the same time, part of you hates it with a passion, and would be perfectly happy if you never ate again--if it just meant you could finally be thin? Let me come right out and say it. It's not you! There are clear-cut, solvable reasons why your eating currently feels frustrating and at times painfully out of control. You've simply been trying to solve the problem (excess weight and overeating) with a solution (dieting and exercise) that does nothing to resolve the real reasons you feel so out of control with food. The problem is not your lack of nutritional knowledge. Knowing how many calories (or carbs!) are in a thick, fudgy brownie does absolutely nothing to equip you...



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