



Food: The Good Girl's Drug: How to Stop Using Food to Control Your Feelings

Sunny Sea Gold



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Sunny Sea Gold started fighting a binge eating disorder in her teens. But most books on the topic were aimed at older women, women she had a hard time relating to. Calling on top psychiatrists, nutritionists, and fitness experts, Sunny offers real advice to a new generation fighting an age-old war. With humor and compassion from someone who's seen it all, Food: The Good Girl's Drug is about experiences shared by many women—whether they've been struggling with compulsive overeating their whole lives, or have just admitted to themselves, that yes, it's more than just a bad habit.



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From reader reviews:

Barbara Stewart:

Reading can be called mind hangout, why? Because if you find yourself reading a book particularly book entitled Food: The Good Girl's Drug: How to Stop Using Food to Control Your Feelings your mind will drift away through every dimension, wandering in every aspect that maybe not known for but surely will end up your mind friends. Imaging each and every word written in a guide then become one web form conclusion and explanation this maybe you never get prior to. The Food: The Good Girl's Drug: How to Stop Using Food to Control Your Feelings giving you yet another experience more than blown away the mind but also giving you useful facts for your better life with this era. So now let us teach you the relaxing pattern is your body and mind are going to be pleased when you are finished reading it, like winning a sport. Do you want to try this extraordinary shell out spare time activity?

Rebecca Morales:

Food: The Good Girl's Drug: How to Stop Using Food to Control Your Feelings can be one of your starter books that are good idea. All of us recommend that straight away because this publication has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The writer giving his/her effort to put every word into pleasure arrangement in writing Food: The Good Girl's Drug: How to Stop Using Food to Control Your Feelings although doesn't forget the main position, giving the reader the hottest and also based confirm resource data that maybe you can be one of it. This great information may draw you into completely new stage of crucial imagining.

Jessica Jennings:

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