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As you'll learn in Shrink Yourself, all the diets, exercise regimens, and surgical procedures in the world will not free you from this vicious cycle. Why? Because they don't address your reasons for overeating.

Shrink Yourself: Break Free from Emotional Eating Forever ...

Shrink Yourself: Break Free from Emotional Eating Forever by Roger Gould. Studies show that the reason why many people gain weight—and keep it on—is emotional eating, not physical eating. Now Dr. Roger Gould, a psychotherapist and a leading authority on emotional eating, shows how to overcome fear, anxiety, and other stresses and stop using food as an overthe-counter tranquilizer that can cause weight gain.

Shrink Yourself by Gould, Roger (ebook)

Shrink Yourself: Break Free from Emotional Eating Forever; First

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Shrink Yourself - Wikipedia

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Shrink Yourself

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