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NEVER BINGE AGAIN(TM): REPROGRAM YOURSELF TO THINK LIKE A PERMANENTLY THIN PERSON. STOP OVEREATING AND BINGE EATING AND STICK TO THE FOOD PLAN OF YOUR CHOICE!



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. If you struggle with binge eating, emotional eating, stress eating, or if you repeatedly manage to lose weight only to gain it all back, you may be approaching things with the wrong mindset. Most contemporary thought on overeating and bingeing focuses on healing and self-love. But people who ve overcome food and weight issues often...

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- Authored by Glenn Livingston Ph D
- Released at 2015



Reviews

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