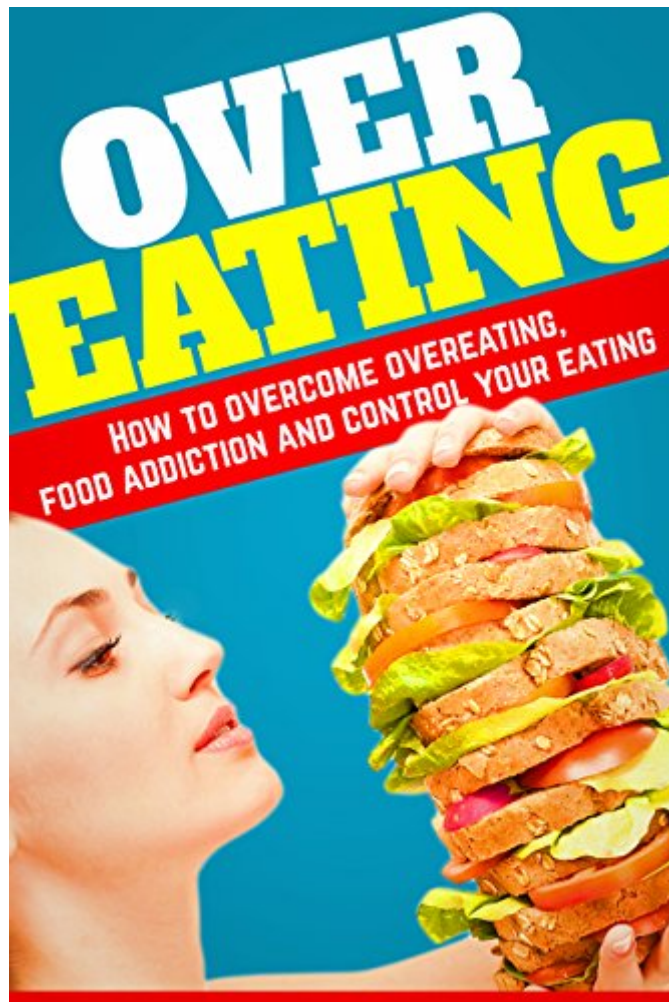


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# **Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 Simple And Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving)**





## Synopsis

The 11 Simple Step Formula for Stopping Overeating FOREVER is Finally Revealed!"READY to discover How to Effectively Deal with Binge Eating and Emotional Eating?"Hereâ™s Just A Few Things You'll Learn When You Invest In This BookWhy do people overeat?The 8 Main outcomes of Overeating & Binge Eating What happens/will happen if you don't stop overeatingA Simple & Proven Technique that We Use on a Daily Basis to Avoid Cravings Building Up9 Easy Portion Control Hacks To Help Avoid Overeating4 Mind Tricks To Beat Your Food AddictionThe Negative Effects of Overeating that you Are Underestimating..The Answer to the question you've always been asking yourself "Is there a way to get over the disorder once and for all?"Essential Tips You Won't Miss on How to Fight Cravings & Win The Final BattleThe 11 Step-by-Step Guide to Overcome Your Overeating & Binge Eating Disorder, Not Tomorrow but Today (even if you failed in the past)...and Much, much more tips, info and practical advice!So...What are You Waiting For?? Download your copy TODAY!TODAY ONLY: get this Kindle eBook for just \$2.99. LIMITED TIME OFFER!Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.We have heard about addiction to alcohol, drugs, pornography and gambling problems and the fact that there are effective programs to deal with these addictions. However, you hear very little about food addiction. Is it that people think that food addiction and overeating is trivial as compared to being addicted to drugs? Or is it that people donâ™t complain about food addictions so just because its effects are not like gambling, porn, and drugs, we assume it is a lesser addiction? It is important to point out that an addiction is an addiction whether addicted to drugs, your smartphone or food. An addiction leaves you sad, unhappy and depressed and it is this feeling that makes you turn back to your addiction.If you have a problem with overeating or are a binge eater, you know very well how bad it feels and I know you wish you could just switch off from food. However, food is essential for life so you cannot just say you will eat no more. If you are looking for a solution on how to end binge eating and emotional eating forever, this book is what you need. Take action Now and Download "Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating!" for a LIMITED TIME DISCOUNT of Only \$2.99! Tags: overeating, overeating help, overeating and binge eating beating emotional eating, overeating and binge eating, binge eating, emotional eating, emotional eating solution

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