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By Scott Abel

Createspace, United States, 2015. Paperback. Book Condition: New. 198 x 130 mm. Language: English . Brand New Book ***** Print on Demand *****. Why do you we reach for that piece of chocolate? Why do we cheat or binge on our diets, especially after things have been going so well? What causes over-eating, cravings, and why do we cheat on our diets? How are our food habits determined by our environment, and what can we do about it? Going on another diet is never going to solve your food, diet, or over-eating issues. You're not going to maintain your weight or weight loss on yet another fancy diet with restrictions and rules. Going on another diet addresses the symptom, not the cause, and in doing so, can actually make matters worse. This book gets to the root causes behind your food, eating, or weight issue. If you struggle to keep weight off, or if you struggle to stick to a diet for longer than a few weeks, this book is for you. It's about addressing your habits and the underlying causes behind your food issues. In the modern world, we are seeing raising body weights, an increasing prevalence...



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