



The Continuous Appetite: Understanding Your Cravings, Ending Your Overeating! (Paperback)

By Sophie Skover

Balboa Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Finally, a book specifically for over eaters that digs deep into the heart and soul of what this behavior is about. Sophie does an excellent job of offering hope and providing practical how-to s on overcoming something that seems hopeless to many. --Dr. Stephanie May, licensed psychologist Specializing in the treatment of eating disorders Have you ever found yourself mindlessly shoving food into your mouth after a bad day? Life is supposed to feel wonderful, but when you are controlled by the fridge, pantry, or overpowering food cravings, your life can become depressing and dreadful to live. The Continuous Appetite will show you how to stop running to food when life presents a challenge, by taking you on an interactive journey that helps you understand and heal the imbalance in your body, emotions, mind, and spirit. The result is having a harmonious relationship with food where you re able to eat to fuel your body, and taste the pleasure along the way. Sophie clearly defines the distinction between hunger and cravings and how to deal with them both. I know this...



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