



# **Food Addiction and Clean Eating Box Set: A Guide to Solve Food Addiction and Ways to Eat Clean For a Better Health (Green Eating & Overeating)**

*Erika Wallace, Suzanne Hubbard*

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## **Food Addiction and Clean Eating Box Set**

### **Overcome Food Addiction: Step By Step Guide to Solve Emotional Eating for a Better and Happier Life**

If you have a troubled relationship with food, “Overcome Food Addiction: Step By Step Guide to Solve Emotional Eating for a Better and Happier Life” is a must read for you. Outlining everything you need to know about food addiction this book holds your hand as you prepare to make the biggest change in your life – becoming a non-addict.

“Overcome Food Addiction: Step By Step Guide to Solve Emotional Eating for a Better and Happier Life” begins by helping you to understand just what food addiction is and what it means and slowly moves through the steps you must take to overcome your addiction. Whether you are a repeat customer trying your hand yet again at recovery or whether this is your first time tackling your problem with food addiction, this is a book that will help you to see things in a brand new light and give you the motivation it takes to keep on track. As you journey through " Overcome Food Addiction: Step By Step Guide to Solve Emotional Eating for a Better and Happier Life" you will come to understand that you are not alone in your journey, and you will find out just where you can go for support from like-minded people as you make your journey to a healthier you!

Forget the books that teach diet plans that “work” or books that tell you that your food addiction is all in your head, “Overcome Food Addiction: Step By Step Guide to Solve Emotional Eating for a Better and Happier Life” understands that food addiction is so much more and makes no such claims while presenting you with the resources you need to make change. Inside this book, you will come to understand that your journey into a healthy relationship with food will begin and end with you, but it isn’t a journey you must make alone.

#### **Here is a preview of what you will learn from this book:**

- The physical symptoms of food addiction
- How to determine if you really are a food addict

- Deciding whether Food Addicts Anonymous is right for you
- How to prepare yourself for change
- And Much More

## **Clean Eating Guide: Easy and Simple Ways to Avoid Processed Foods with an 8-Day Plan to Rejuvenate Your Health**

If you are looking for an easy way to cheat at clean eating then this isn't the book for you; however, if you are looking for an 8 day clean eating plan that works, then "Clean Eating Guide: Easy and Simple Ways to Avoid Processed Foods with an 8 Day Plan to Rejuvenate Your Health" is what you are looking for.

"Clean Eating Guide: Easy and Simple Ways to Avoid Processed Foods with an 8 Day Plan to Rejuvenate Your Health" covers everything you need to know about starting and maintaining a clean eating regimen from protein choices to desserts

As you journey through "Clean Eating Guide: Easy and Simple Ways to Avoid Processed Foods with an 8 Day Plan to Rejuvenate Your Health" you will learn how to better understand your food so that you can make clean eating choices without dependence on anyone else to tell you what is okay to eat and what is off limits.

### **Here is a preview of what you will learn from this book:**

- The truth about what you drink.
- Tips for maintaining your clean eating habits.
- Getting a better understanding of processed foods.
- The do's and don'ts of clean eating.
- And Much More

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#### **George Eichner:**

In this age globalization it is important to someone to obtain information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher this print many kinds of book. The particular book that recommended for you is Food Addiction and Clean Eating Box Set: A Guide to Solve Food Addiction and Ways to Eat Clean For a Better Health (Green Eating & Overeating) this publication consist a lot of the information on the condition of this world now. This book was represented how do the world has grown up. The terminology styles that writer value to explain it is easy to understand. The actual writer made some investigation when he makes this book. That's why this book suitable all of you.

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