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33 WAYS TO BREAK FREE FROM BINGE EATING



Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Break Free from Binge Eating, for Good. Binge eating isn't just about eating too much food and feeling completely out of control over what and when you eat. It also causes other issues such as: -Having a negative self-image (e.g. I hate how I look!) -Over exercising in an attempt to burn off the calories from...

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- Authored by Nia Shanks
- Released at 2014



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Reviews

This written publication is wonderful. It really is simplified but unexpected situations inside the fifty percent in the pdf. You will not truly feel monotony at any moment of the time (that's what catalogues are for about in the event you request me).

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