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## BREAK FREE OF COMPULSIVE OVEREATING: AND LOVE YOURSELF BETTER.



Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Compulsive overeating and bulimia disorders, affects an estimated 30 percent of the population in the UK. As well as obesity, common results include shame, guilt and social distress, while physical complications include the risk of fatigue, high blood pressure, diabetes and some cancers as well as a host of unpleasant symptoms. A psychological approach to overeating can be...

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- Authored by Ruth Searle Phd
- Released at 2013



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## Reviews

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