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Feed Your Real Hunger: Getting Off the Emotional Treadmill That Keeps You Overweight

By Jill K Thomas

Mind Body Health Publishing. Paperback. Book Condition: New. Paperback. 178 pages. Dimensions: 8.9in. x 5.9in. x 0.6in. Do you think of food as your drug of choice? Do you feel as though you've battled food and weight your entire life? Do you eat normally in public, then gorge yourself when you're alone? Do you like to cover up in baggy clothes, and shy away from full-length mirrors? Do thoughts of food and weight occupy your mind more than you'd like? Do you constantly criticize yourself for eating too much, not exercising enough, or not being thinner? If you answered yes to some or all of these questions, this book is a must-read! Jill K Thomas, certified hypnotherapist, weight-loss and stress reduction expert, helps you uncover the whole, authentic self hiding beneath all those food, weight, and body image issues. Guiding you along a once-in-a-lifetime journey both frightening and exhilarating, Jill gently encourages you to confront the self-defeating beliefs, stuffed-down emotions, and core fears that hold you trapped in the battle with food and fat. It's time to be free. . . it's time to be you! Jill Thomas, CCHT has been a health and wellness professional for over 15 years, specializing...



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Reviews

A top quality publication along with the typeface utilized was intriguing to read through. It is amongst the most awesome pdf i have got read through. Its been developed in an remarkably straightforward way and it is only right after i finished reading this publication in which actually altered me, modify the way i believe.

-- **Don Pacocha**

Basically no words and phrases to describe. It is really simplified but unexpected situations in the fifty percent of your book. I am delighted to let you know that here is the very best publication i have got go through within my very own lifestyle and might be he greatest publication for actually.

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