



French Toast for Breakfast: Declaring Peace with Emotional Eating

By Mary Anne Cohen

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Mary Anne Cohen

From the director of the New York Center for Eating Disorders comes a guide to understanding and coming to grips with the emotions that underlie eating problems. Cohen helps readers pinpoint which problem contributes to their emotional eating, and then gives descriptions of a wide range of healing options available.

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Editorial Review

Review

"A clear path for beginning the healing process." -- *Rebecca Ruggles Radcliffe, Author, Enlightened Eating*

"Cohen offers a user-friendly guide to understanding and healing the battle with food, fat, and body hatred."
-- *Judith Ruskay Rabinor, Ph.D., Director, The American Eating Disorder Center of Long Island*

About the Author

Mary Anne Cohen, CASW (certified social worker) is a psychotherapist and director for the NY Center for ED. In her over 20 years of clinical practice, she has helped hundreds of people heal their eating problems. A lecturer, teacher, writer, and supervisor, Ms Cohen has also hosted her own radio program, FTFB on the subject of ed. She has authored a series of self-help tapes that have sold internationally and has appeared on CBS-This Morning and The Jane Whitney Show (national TV) and cable TV in NY. Mary Anne has been quoted in Mademoiselle, Self, New Body, New York Woman, NY Magazine, the NY Times, the LA Times and has lectured to American Express, Canyon Ranch, The NY Commission on the Status of Women, at hospitals, AABA, Society of Clinical Social Workers, NASW, Employee Assistance Program of Staten Island, various colleges including NYU.

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