



Food Addiction: The Body Knows: Revised & Expanded Edition

By Kay Sheppard

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Do you eat when you are disappointed, tense or anxious?

Since its publication, *Food Addiction* has become a primary resource for food addicts and compulsive eaters. Now it is updated and presented in a revised and expanded edition, with a new chapter on relapse. For a food addict, relapse is an ever present danger which begins in the mind before reaching for that cupcake or other trigger food. Here food addiction is defined, trigger foods are identified and consequences of food addiction are revealed. A lifetime eating plan demonstrating how to stick with a healthful food plan for the long term is also provided. "For some people, foods can be as addictive as alcohol," Kay Sheppard explains. "Gummy bears and marshmallow chicks can be vicious killers whose effects can lead to depression, irritability and even suicide. The terrible truth is that for certain individuals, refined carbohydrates can trigger the addictive process. This book is an effort to help you understand and solve the problems of compulsive eating."

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Editorial ReviewAbout the Author

Kay Sheppard, M.A., is the best-selling author of Food Addiction: The Body Knows and From the First Bite. A licensed mental health counselor and certified eating disorders specialist, she conducts workshops for food addicts worldwide and hosts the Food Addiction Conference on AOL's Addiction and Recovery Forum.

Users Review**From reader reviews:**

Jeffrey Dominguez: In this period globalization it is important to someone to acquire information. The information will make professionals understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of references to get information example: internet, newspaper, book, and soon. You will see that now, a lot of publisher which print many kinds of book. The actual book that recommended to you personally is Food Addiction: The Body Knows: Revised & Expanded Edition this e-book consist a lot of the information of the condition of this world now. This book was represented so why is the world has grown up. The dialect styles that writer value to explain it is easy to understand. Often the writer made some exploration when he makes this book. That's why this book suitable all of you.

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