

Overcoming Overeating: How to Break the Diet/Binge Cycle and Live a Healthier, More Satisfying Life (Paperback)



**How to
Break the Diet/Binge Cycle
and Live a Healthier,
More Satisfying Life**

Jane R. Hirschmann & Carol H. Muntler
Authors of
When Women Stop Hating Their Bodies



Book Review

It is one of my personal favorite books. It is written in easy terms and never hard to understand. It has been designed in an exceedingly easy way and it is only after I finished reading this publication by which in fact changed me, change the way I think.
(Lucinda Stiedemann)

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