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33 WAYS TO BREAK FREE FROM BINGE EATING



Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Break Free from Binge Eating, for Good. Binge eating isn t just about eating too much food and feeling completely out of control over what and when you eat. It also causes other issues such as: -Having a negative self-image (e.g. I hate how I look!) -Over exercising in an attempt to burn off the calories from...

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- Authored by Nia Shanks
- Released at 2014



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