



More Letting Go of Compulsive Eating: A Cookbook Filled with Wisdom - Experience - Sample Eating Plans - Recipes - Essays - Actions (Paperback)

By Anonymous Twelve Step Recovery Members

Partnerships For Community, Inc, United States, 2011.
Paperback. Book Condition: New. 254 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****.More Letting Go of Compulsive Eating - A Cookbook with Wisdom - Experience - Sample Eating Plans - Recipes - Essays - Actions is a factual and inspirational guide used by 12 Steppers and others. It gives information on people groups -Overeaters Anonymous, OA H.O.W .and 90-Day; Compulsive Overeaters Anonymous-HOW. Food Addicts Anonymous; Food Addicts: The Body Knows Online Discussion Group;Greysheeter s Anonymous; and Recovery from Food Addiction. It includes 7 Sample Plans of Eating and 300 Recipes - No Sugar, Wheat, Flour - With and Without Starches and Grains - Essays Actions. This book is neither sponsored by nor endorsed by any organization. It serves the function of press. It is factual and informational. Discover the Benefits from Actions I Cook Eat With Happiness I Cook Eat Without Remorse I Get Proper Brain Functioning Balanced Metabolism I Get Peace of Mind on a Plate I Am Safe I Have Never Lost the Right to Eat I Have Another Meal Coming I Have the Comfort of Knowing Where I Will Get My Next Meal I Have the Safety, Security...



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