

Food Addiction The Body Knows Revised And Expanded Edition

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- 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

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- In this expanded edition of Food Addiction author Kay Sheppard has added an important new chapter on relapse which is a common occurrence among food addicts In this important resource for compulsive eaters readers will learn what food addiction is how to identify trigger foods and how to develop a healthy food plan for life

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