

From The First Bite A Complete Guide To Recovery From Food Addiction

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November 4th, 2018 - Renowned therapist eating disorder specialist and recovering food addict Kay Sheppard helps countless individuals win their battles over food addiction people for whom diets pills and purging have become a way of life

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- Food Diaries Cinnamon Bites Recipe by Zarnak Sidhwa Masala TV 18 Sep 2015

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- Sheppard s follow up book From the First Bite offers the latest medical insights into food addiction coupled with time tested practical advice

Unlike other books that are very dry in nature this book includes compelling personal stories and do s and don ts from other recovering and relapsed food addicts including the author herself who began her own recovery in 1967

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