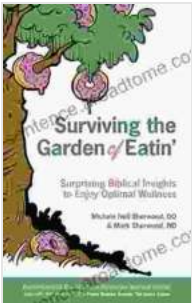


Surviving the Garden of Eatin: A Comprehensive Guide to Eliminating Food Addictions and Achieving a Healthier Lifestyle



Surviving the Garden of Eatin': Surprising Biblical Insights to Enjoy Optimal Wellness by Jef Gazley M.S. LMFT

★★★★☆ 4.7 out of 5

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| Language | : English |
| File size | : 746 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 147 pages |
| Lending | : Enabled |



Food addiction is a serious problem that can lead to a number of health problems, including obesity, heart disease, and diabetes. If you're struggling with food addiction, then you know how difficult it can be to overcome. But there is hope.

Surviving the Garden of Eatin is a comprehensive guide to eliminating food addictions and achieving a healthier lifestyle. This book will teach you everything you need to know about food addiction, including the causes, symptoms, and treatment options. You'll also learn how to develop a healthy relationship with food and make lasting changes to your diet and lifestyle.

Chapter 1: The Causes of Food Addiction

In this chapter, you'll learn about the different factors that can contribute to food addiction, including genetics, environment, and personal history. You'll also learn about the different types of food addiction, including binge eating disorder, compulsive overeating, and emotional eating.

Chapter 2: The Symptoms of Food Addiction

In this chapter, you'll learn about the different symptoms of food addiction, including cravings, loss of control, and continued use despite negative consequences. You'll also learn how to distinguish between food addiction and other eating disorders.

Chapter 3: The Treatment Options for Food Addiction

In this chapter, you'll learn about the different treatment options for food addiction, including therapy, medication, and self-help groups. You'll also learn how to choose the right treatment option for you.

Chapter 4: Developing a Healthy Relationship with Food

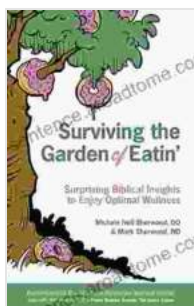
In this chapter, you'll learn how to develop a healthy relationship with food. You'll learn how to listen to your body's hunger cues, eat mindfully, and make healthy choices. You'll also learn how to cope with cravings and setbacks.

Chapter 5: Making Lasting Changes to Your Diet and Lifestyle

In this chapter, you'll learn how to make lasting changes to your diet and lifestyle. You'll learn how to set realistic goals, create a healthy eating plan, and get regular exercise. You'll also learn how to prevent relapse and maintain a healthy weight.

Surviving the Garden of Eatin is a valuable resource for anyone who is struggling with food addiction. This book will provide you with the information and tools you need to overcome food addiction and achieve a healthier lifestyle.

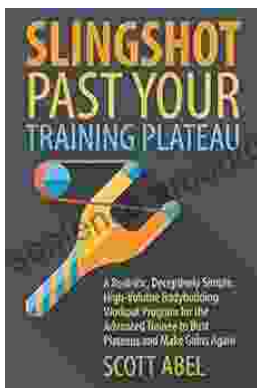
If you're ready to make a change, then Free Download your copy of Surviving the Garden of Eatin today.



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