

"A compassionate and highly effective approach."

—ANDREW WEIL, MD, author of 8 Weeks to Optimum Health

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Food Addiction Recovery Workbook

How to Manage Cravings, Reduce Stress, and Stop Hating Your Body

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A NEW HARBINGER SELF-HELP WORKBOOK



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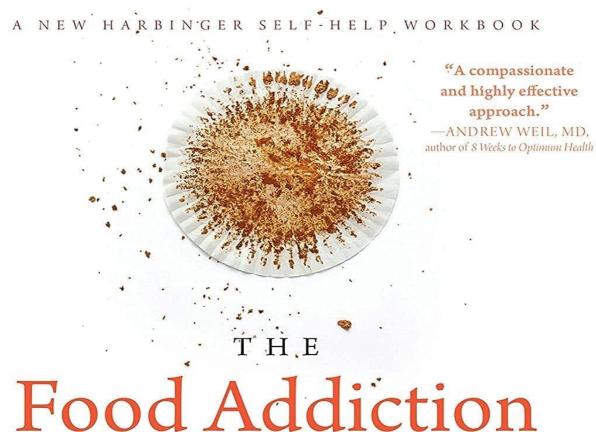
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