

# Shrink Yourself Break Free From Emotional Eating Forever Roger Gould

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## Shrink Yourself Break Free From

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Shrink Yourself (2007) is a book on emotional eating by Roger Gould. In Shrink Yourself, Gould suggests that the powerlessness people feel over food cravings is a cover-up for a deeper sense of powerlessness in five other areas of their lives. By recovering one ' s power in five key areas, Gould suggests one also recovers power over food cravings.

[Shrink Yourself by Roger Gould \(ebook\)](#)

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Dr. Tara J. Palmatier, PsyD helps individuals work through their relationship and codependency issues via telephone or Skype. She specializes in helping men and women trying to break free of an abusive relationship, cope with the stress of an abusive relationship or heal from an abusive relationship.

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