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Shrink Yourself

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Shrink Yourself: Break Free from Emotional Eating Forever by. Roger Gould. 3.67 · Rating details · 201 ratings · 25 reviews Studies show that the reason why many people gain weight and keep it on is emotional eating, not physical eating. Now Dr. Roger Gould, a psychotherapist and a leading authority on emotional eating, shows how to overcome ...

Shrink Yourself : Break Free from Emotional Eating Forever ...

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I have read a lot of "diet" type books but have never gotten help like I acquired from "Shrink Yourself: Break Free from Emotional Eating Forever". There are some key things in this book that seemed to break through the "wall" for me and it has given me the freedom from emotional eating that I was craving.

[Shrink Yourself: Break Free from Emotional Eating Forever ...](#)

Shrink Yourself: Break Free from Emotional Eating Forever (Hardback) Roger L. Gould Published by Turner Publishing Company, United Kingdom (2007)

Shrink Yourself: Break Free from Emotional Eating Forever ...

Shrink Yourself: Break Free from Emotional Eating Forever ; First edition. Author: Roger Gould: Language: English: Subject: Emotional eating: Publisher: Wiley: ISBN:

978-0470044858: 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 ...

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Shrink Yourself: Break Free from Emotional Eating Forever ...

Shrink Yourself: Break Free from Emotional Eating Forever by Roger Gould. Studies show that the reason why many people gain weight—and keep it on—is emotional eating, not physical eating. Now Dr. Roger Gould, a psychotherapist and a leading authority on emotional eating, shows how to overcome fear, anxiety, and other stresses and stop using food as an over-the-counter tranquilizer that can cause weight gain.

[Shrink Yourself - Wikipedia](#)

Shrink Yourself: Break Free from Emotional Eating Forever - Kindle edition by Gould, Roger.

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Shrink Yourself : Break Free from Emotional Eating Forever. 3.66 (199 ratings by Goodreads)

Paperback. English. By (author) Roger L. Gould. Share. Also available in. Hardback US\$29.42.

Studies show that the reason why many people gain weight--and keep it on--is emotional eating, not physical eating.