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Desserts Is Stressed Spelled Backwards: Overcoming and Controlling Compulsive Eating and Bulimia

Gloria Arenson

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Break free of the bondage of compulsive eating and bulimia with a dramatic Four Step program. Learn to use the remarkable cutting edge energy technique, EFT (Emotional Freedom Techniques), that eliminates cravings in minutes. Stop obsessing about food and weight. This book reveals how brain chemistry creates compulsion and what you can do to change it. Learn to pinpoint the stresses that lead to binges and how to stop them before they start. Friends and families of binge eaters and bulimics will discover what makes their loved ones act the way they do and learn how to deal with the compulsive eater in effective and caring ways.

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