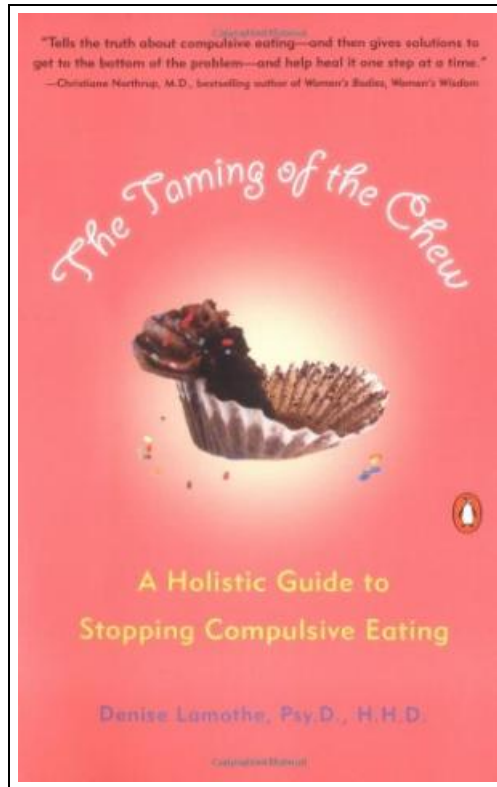


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Penguin Books Australia, Australia, 2002. Paperback. Condition: New. Reprint. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Psychologist and doctor of holistic health Denise Lamothe presents a complete program to combat overeating, showing compulsive eaters how to take control of their dependence on and obsession with food. Lamothe targets the enemy as -the Chew,- which she describes as the -hurtful, persistent, out-of-control part of each of us.- The Chew is what keeps overeaters from sticking to a dietary plan and can compel them to go on eating binges. Lamothe shows how to tame the Chew by explaining the problem from psychological, social, spiritual, and biological perspectives; presenting her comprehensive plan for holistic healing and change; and showing how to avoid relapses by building self-esteem.



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