



Beyond Temptation: How to stop overeating and feel normal and in control around food

Audrey Boss, Sophie Boss

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In *Beyond Temptation* Sophie and Audrey Boss offer a radical alternative to the tried and tested methods used to combat overeating which either encourage women to rely on willpower alone, or legitimise overeating by providing lists of 'free foods' on which women are actively encouraged to binge.

This book doesn't rely on NLP, CBT or life coaching techniques, but instead draws on the authors' own experiences as two overweight and unhappy overeaters and their ten years of experience working with thousands of failed dieters in the 'Beyond Chocolate' workshops and the successful techniques used in their newly established 'Stop Overeating' workshops to offer women a practical, sustainable approach to stopping overeating and achieving long term weight loss.

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Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite publication and reading a guide. Beside you can solve your condition; you can add your knowledge by the e-book entitled Beyond Temptation: How to stop overeating and feel normal and in control around food. Try to the actual book Beyond Temptation: How to stop overeating and feel normal and in control around food as your pal. It means that it can for being your friend when you truly feel alone and beside those of course make you smarter than ever. Yeah, it is very fortunated for you personally. The book makes you far more confidence because you can know every thing by the book. So , we need to make new experience along with knowledge with this book.

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This Beyond Temptation: How to stop overeating and feel normal and in control around food is brand-new way for you who has interest to look for some information given it relief your hunger associated with. Getting deeper you upon it getting knowledge more you know or perhaps you who still having small amount of digest in reading this Beyond Temptation: How to stop overeating and feel normal and in control around food can be the light food for you because the information inside this particular book is easy to get by means of anyone. These books create itself in the form that is reachable by anyone, yes I mean in the e-book type. People who think that in reserve form make them feel tired even dizzy this book is the answer. So there is absolutely no in reading a publication especially this one. You can find actually looking for. It should be here for a person. So , don't miss it! Just read this e-book type for your better life in addition to knowledge.

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