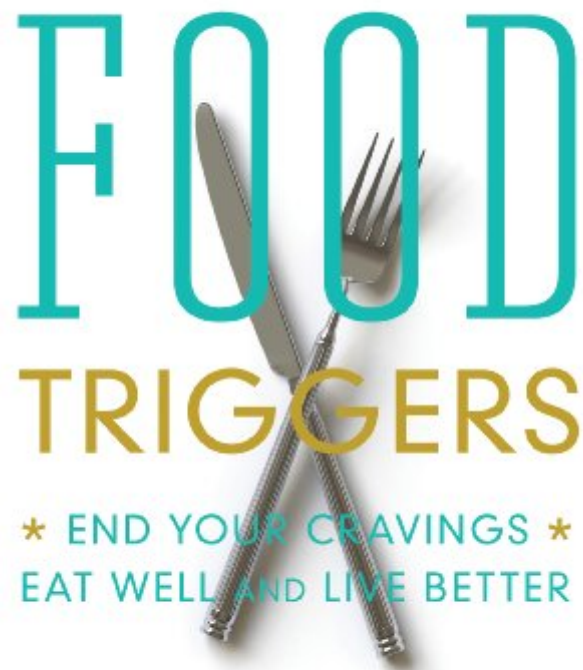


The book was found

# Food Triggers: End Your Cravings. Eat Well And Live Better

"A wonderful book that will transform your diet"  
—USA TODAY



## Synopsis

A licensed psychologist and certified addictions counselor, Epstein brings insights learned through her own battle with addictive eating to deliver tangible action steps to overcome eating issues. It is written for people who are currently battling an unhealthy relationship with food. Food Triggers is full of practical applications from Scripture, genuine compassion and true stories of struggle and success. This book helps readers understand that addictive eating is a physical, emotional and spiritual problem that must be addressed on all three levels in order to achieve true freedom. Food Triggers isn't just another diet book; it is truly a food addict's roadmap to the Promised Land—the land of success, peace and total freedom.

## Book Information

File Size: 604 KB

Print Length: 241 pages

Publisher: Worthy Publishing (December 10, 2013)

Publication Date: December 10, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00F3KGHIG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #241,661 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #47

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Eating Disorders #146 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Eating Disorders & Body Image #355 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders

## Customer Reviews

Does your Bible have a secret panel to hide candy bars? Is your freezer stuffed with ice cream?

Does your car automatically turn into every fast food restaurant? Do you have a stinkin' thinkin' when it comes to your body image? The New Year is here. No more putting it off till

tomorrow! This year, with God as your partner, make a solemn resolution to get your eating

under control, and begin a new, healthier lifestyle. Quite possibly, you will even lose that extra weight. This is not a get-thin-quick diet book! There are no gimmicks or crazy diets inside. No pre-packaged food to buy, no tasteless recipes included, no starvation-by-smoothies! In this book are Biblically based answers that will help you to understand, develop, and stay the course on a new way of living. Begin by learning your "food triggers" – "foods that you can't just have one of, that cause you to binge, eat poorly, or gain weight. Using personal examples and years of clinical experience, Dr. Epstein delves into the reasons why we become addicted to food. Dr. Rhona Epstein is a recovered food addict! She's been where you are, and has successfully overcome! Dr. Epstein shows you how to get your body in order using common-sense solutions. But getting your body in order it is not enough. For a transformation that lasts, you must also get your mind and soul in order. Using Biblical references, Dr. Epstein shows you how to do that by: taking captive the all storms in your life; by going to God in prayer; and by seeing yourself through the eyes of a loving God. It's not rocket science. Included is a test to determine whether you have a food addiction or a dysfunctional relationship with certain foods. Using real food that you purchase at the grocery store, Dr.

[Download to continue reading...](#)

Food Triggers: End Your Cravings. Eat Well and Live Better Cravings Buster, Stop Cravings and Lose Weight with Hypnosis & Meditation: Better Health and Diet Help Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Health Journal: Discover Food Intolerances and Allergies: (A Food Diary that Tracks your Triggers and Symptoms) Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Bulletproof: The Cookbook: Lose Up to a Pound a Day, Increase Your Energy, and End Food Cravings for Good Bulletproof Diet Cookbook For Beginners: Quick and Easy Recipes and Smoothies to Lose Fat and Increase Energy (Lose Up To A Pound A Day, Reclaim Energy and Focus, End Food Cravings) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Live Your Life, Not Your Diagnosis: How to Manage Stress and Live Well with Multiple Sclerosis Blood Type Diet: Eat Right for Your Blood Type: The simple way to eat for weight loss and live a healthy life From Junk Food to Joy Food: All the Foods You Love to Eat...Only Better Breathe Well and Live Well with COPD: A 28-Day

Breathing Exercise Plan Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Eat Pretty Live Well: A Guided Journal for Nourishing Beauty, Inside and Out Eat Out, Eat Well: The Guide to Eating Healthy in Any Restaurant 100 Exotic Food Recipes (Puerto Rican Food Recipes, Picnic Food Recipes Caribbean Food Recipes, Food Processor Recipes,) 10 Simple Solutions to Migraines: Recognize Triggers, Control Symptoms, and Reclaim Your Life (The New Harbinger Ten Simple Solutions Series) Imagine Yourself Well: Better Health Through Self-hypnosis (Better Health Through Hypnosis) The 5-Day Real Food Detox: A simple, delicious plan for fast weight loss, banished cravings, and glowing skin

[Dmca](#)