



# Overeating? How to Stop Binge Eating, Overeating & Get the Natural Slim Body You Deserve: A Self-Help Guide to Control Emotional Eating Today!

*Samantha Michaels*

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## **Overeating? How to Stop Binge Eating, Overeating & Get the Natural Slim Body You Deserve: A Self-Help Guide to Control Emotional Eating Today! Samantha Michaels**

Get ready, this audiobook will change your life! In this guide you will learn how to eliminate the single behavior that 70 years of scientific research proves causes overeating, binge eating, and feeling out of control with food. Uncover the secret to being able to keep any food in your house - without it calling your name. Find out exactly why your best weight loss efforts have failed in the past - and more importantly, exactly what you can do to change it. You are about to finally uncover the single reason why you've been experiencing such an uphill battle with food and your weight. And far more importantly...I am going to teach you the skills you need to win the food fight once and for all - without dieting.



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