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As you'll learn in Shrink Yourself, all the diets, exercise regimens, and surgical procedures in the world will not free you from this vicious cycle. Why? Because they don't address your reasons for overeating.

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Shrink Yourself - Wikipedia

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Shrink Yourself

I have read a lot of "diet" type books but have never gotten help like I acquired from "Shrink Yourself: Break Free from Emotional Eating Forever". There are some key things in this book that seemed to break through the "wall" for me and it has given me the freedom from emotional eating that I was craving.

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Shrink Yourself: Break Free from Emotional Eating Forever (Hardback) Roger L. Gould Published by Turner Publishing Company, United Kingdom (2007)

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Shrink Yourself by Gould, Roger (ebook)

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