



Anatomy of a Food Addiction: The Brain Chemistry of Overeating (Paperback)

By Anne Katherine

GURZE BOOKS, United States, 1997. Paperback. Condition: New. Third Edition. Language: English . Brand New Book. If you have struggled with compulsive eating, dieting, and the guilt and conflict they bring, your life will be changed by this important, life-affirming, and astonishingly wise book. Anne Katherine, a Certified Eating Disorders Therapist and former compulsive eater, explains the chemical reactions in the brain that work in conjunction with lifelong emotional conflicts to make food—particularly sugar and refined carbohydrates—such a comfort that it's almost like a drug. Once you realize that your binge eating is a physical disease that can be treated, you can use the book's self-tests, exercises, examination of family issues, and complete recovery program for newfound understanding and confidence.



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