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# FOOD FIGHT: WINNING THE BATTLE WITH FOOD AND EATING TO ACHIEVE SUSTAINABLE WEIGHT LOSS (PAPERBACK)



Lisa Goldberg Nutrition, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.So many people spend much of their life struggling with emotional eating and yo-yo dieting. They will go from one diet to another, losing weight only to put the weight back on again over time. The answer to achieving sustainable weight loss is to change the habits, behaviors, limiting beliefs and mindset around food and eating. In her book FOOD FIGHT,...

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- Authored by Lisa Goldberg
- Released at 2017



#### Reviews

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