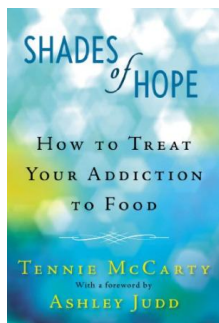


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SHADES OF HOPE: HOW TO TREAT YOUR ADDICTION TO FOOD



Penguin Putnam Inc, United States, 2013. Paperback. Book Condition: New. Reprint. 208 x 137 mm. Language: English . Brand New Book. There are millions of people who bounce from one diet to another with no understanding of the link between emotional eating (compulsive overeating) and not being able to keep off the weight. Author Tinnie McCarty was herself an overeater, food addict, and bulimic. Tinnie believes that food addiction is a physical and mental problem with a spiritual solution. Tinnie...

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- Authored by Tinnie McCarty
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