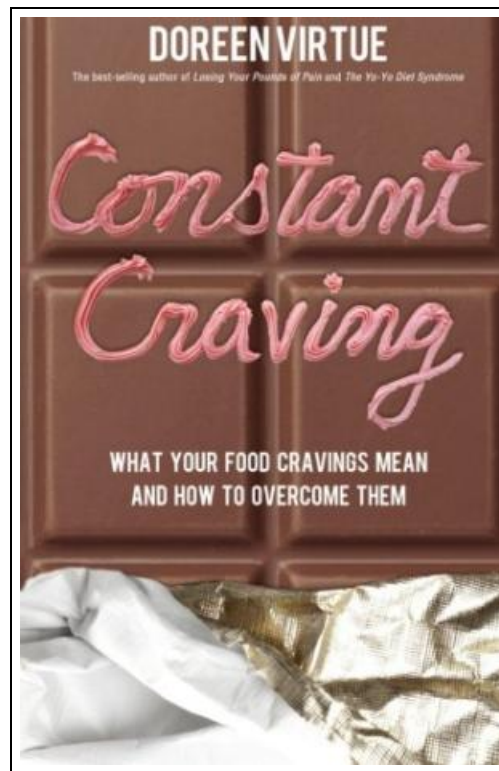


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Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Constant Craving: What Your Food Cravings Mean and How to Overcome Them (6th), Doreen Virtue, 'Doreen awakens the awareness that spiritual hunger is often masked as a physical hunger for food.' - Marianne Williamson, the New York Times bestselling author of A Course in Weight Loss UNDERSTAND AND HEAL YOUR FOOD CRAVINGS! Do you crave chocolate, bread, cheese, fries or other foods? If so, there's a reason why, as Doreen Virtue's breakthrough book explains. Each food craving actually corresponds to a specific underlying emotion; so once you understand the meaning behind your particular craving and apply the information and affirmations within these pages, you'll be able to heal your cycle of emotional overeating. In addition, you'll read scientific studies about the mood- and energy-altering properties of each food, which will help you see how your appetite perfectly mirrors your emotions. This comprehensive and empowering guide will also show you how to give 'food readings' to yourself and others, allowing you to accurately interpret the meaning behind many cravings. Constant Craving is a one-of-a-kind book that will give you the emotional, physical and spiritual tools you need to make friends with food .and your appetite!.



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