



How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1)

Josie Spinardi

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YOU ABSOLUTELY CAN STOP BINGE EATING (OR FEELING OUT OF CONTROL WITH FOOD) AND BE THIN!

You are about to finally uncover the *single* reason why you've been experiencing such an uphill battle with food and your weight. And far more importantly...

I am going to teach you the skills you need to win the food fight once and for all--without dieting.

If you're looking for a real, proven, step-by-step solution to stop overeating and binge eating for good--so you can finally get thin and get on with your amazing life--then this book is for you.

Is food your best friend--and your worst enemy?

Are you stuck in a relentless tug-of-war between wanting (desperately) to lose weight, and the out-of-control urge to eat?

Does your firm morning resolve to "be good" with food consistently crumble into a night of takeout on the couch, watching TV with Ben & Jerry?

Do you love food, but at the same time, part of you hates it with a passion, and would be perfectly happy if you never ate again--if it just meant you could finally be thin?

Let me come right out and say it. **It's not you!**

There are clear-cut, solvable reasons why your eating currently feels frustrating and at times painfully out of control.

You've simply been trying to solve the problem (excess weight and overeating) with a solution (dieting and exercise) that does nothing to resolve the real reasons you feel so out of control with food.

The problem is not your lack of nutritional knowledge.

Knowing how many calories (or carbs!) are in a thick, fudgy brownie does absolutely nothing to equip you with the skills to stop binge eating it after a long, hard day at work.

Are you going to scream if another weight loss book tells you to "take a bath" instead of binge eating?

Overeating and binge eating are learned behavioral patterns that can be eradicated once you learn a few simple--actionable--psychological skills.

And NOT the type of "fluff psychology" you find in most emotional eating books that advise you to "take a walk," "read a book," or "take a warm bath" when you feel the urge to overeat. Really? That advice is absolutely useless. (And maddening!)

As if when you're in that pre-binge frenzy, parked outside the mini-mart tearing into a bag of chips and a box of donuts, you're going to hear that advice and say, "Wow, why didn't I think of that? I'll put down these salty, grease glistening chips and thick, chocolate frosted donuts and head home to read *Pride and Prejudice*." Not so much.

The solution to binge eating and overeating is found in step-by-step, research based, *learn-able* skills that prevent and eliminate overeating on the spot.

The skills (you'll be happy to know) do *not* include deprivation or willpower.

Since **willpower and deprivation don't actually work**. I mean, if they did work to yield lasting weight loss we wouldn't be having this conversation right now. Right?

Find out exactly *why* your best weight loss efforts have failed in the past--and more importantly, exactly what you can do to change it. Today.

- Learn how to **eliminate the single behavior** that 70 years of scientific research proves causes overeating, binge eating, and feeling out of control with food.
- Uncover the secret to being able to **keep any food in your house**--without it calling your name.
- Discover the **two keys that make it a cinch to stop eating** any food when you've had enough (even chocolate cake or a cheeseburger!).

How to Have Your Cake and Your Skinny Jeans Too is Josie at her best--sharing her remarkable insights, her warm, disarming signature wit, and her research-based Hunger Directed Eating techniques that result in quick and lasting change.

This is the first book in a groundbreaking series. Join the women and men around the world who are *finally* enjoying peace and ease with food.

Get ready, this book will change your life.

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This How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) book is not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is actually information inside this e-book incredible fresh, you will get data which is getting deeper you actually read a lot of information you will get. This particular How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) without we realize teach the one who examining it become critical in imagining and analyzing. Don't be worry How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) can bring whenever you are and not make your bag space or bookshelves' grow to be full because you can have it inside your lovely laptop even phone. This How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) having great arrangement in word in addition to layout, so you will not really feel uninterested in reading.

Amanda Despain:

The e-book with title How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) has lot of information that you can discover it. You can get a lot of help after read this book. This book exist new expertise the information that exist in this e-book represented the condition of the world right now. That is important to yo7u to learn how the improvement of the world. This specific book will bring you within new era of the internationalization. You can read the e-book on your own smart phone, so you can read it anywhere you want.

Stacia Cobb:

A lot of people always spent all their free time to vacation or maybe go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity here is look different you can read a new book. It is really fun for yourself. If you enjoy the book you read you can spent the entire day to reading a guide. The book How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) it is quite good to read. There are a lot of people who recommended this book. They were enjoying reading this book. If you did not have enough space bringing this book you can buy the e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not to fund but this book has high quality.

Karl Irwin:

As a pupil exactly feel bored to reading. If their teacher expected them to go to the library or make summary for some reserve, they are complained. Just tiny students that has reading's heart and soul or real their passion. They just do what the professor want, like asked to go to the library. They go to presently there but nothing reading really. Any students feel that examining is not important, boring along with can't see colorful photographs on there. Yeah, it is for being complicated. Book is very important in your case. As we know that on this time, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. Therefore this How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) can make you sense more interested to read.

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