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Food Triggers: End Your Cravings. Eat Well And Live Better

"A wonderful book that will transform your diet"

—USA TODAY

FOOD TRIGGERS

* END YOUR CRAVINGS *
EAT WELL AND LIVE BETTER

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Synopsis

A licensed psychologist and certified addictions counselor, Epstein brings insights learned through her own battle with addictive eating to deliver tangible action steps to overcome eating issues. It is written for people who are currently battling an unhealthy relationship with food. Food Triggers is full of practical applications from Scripture, genuine compassion and true stories of struggle and success. This book helps readers understand that addictive eating is a physical, emotional and spiritual problem that must be addressed on all three levels in order to achieve true freedom. Food Triggers isn't just another diet book; it is truly a food addict's roadmap to the Promised Land—the land of success, peace and total freedom.

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Customer Reviews

Does your Bible have a secret panel to hide candy bars? Is your freezer stuffed with ice cream? Does your car automatically turn into every fast food restaurant? Do you have a *œstinkinâ™ thinkinâ™â•* when it comes to your body image? The New Year is here. No more putting it off till *âœtomorrowâ•!* This year, with God as your partner, make a solemn resolution to get your eating

under control, and begin a new, healthier lifestyle. Quite possibly, you will even lose that extra weight. This is not a get-thin-quick diet book! There are no gimmicks or crazy diets inside. No pre-packaged food to buy, no tasteless recipes included, no starvation-by-smoothies! In this book are Biblically based answers that will help you to understand, develop, and stay the course on a new way of living. Begin by learning your "food triggers" • "foods that you can't just have one of, that cause you to binge, eat poorly, or gain weight. Using personal examples and years of clinical experience, Dr. Epstein delves into the reasons why we become addicted to food. Dr. Rhona Epstein is a recovered food addict! She's been where you are, and has successfully overcome! Dr. Epstein shows you how to get your body in order using common-sense solutions. But getting your body in order it is not enough. For a transformation that lasts, you must also get your mind and soul in order. Using Biblical references, Dr. Epstein shows you how to do that by: taking captive the all storms in your life; by going to God in prayer; and by seeing yourself through the eyes of a loving God. It's not rocket science. Included is a test to determine whether you have a food addiction or a dysfunctional relationship • with certain foods. Using real food that you purchase at the grocery store, Dr.

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