



# How to Break a Food Addiction: Stop Binge Eating And Find Comfort in Vibrant Living and Optimal Health (Food Addictions)

*Jane Brown*

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**Discover How to Overcome a Food Addiction Get this Amazon book for \$.99 for a limited time. Regularly priced at \$2.99. Read on your PC, Mac, smartphone, tablet, or Kindle device.**

**You're about to discover how to break away from food addictions for life. Many people suffer from food addictions jeopardizing their, health, lifestyle, and relationships. Most people eventually realize that they have a problem but are unable to change their addictive behavior. This book contains proven steps and strategies on how to break a food addiction and live a healthy lifestyle with food.**

**Unlike many other addictions, food addictions are based on a substance we need to survive, FOOD! Therefore, it is simply not an option to swear off food and refrain from eating. However, what we can do is learn how to live a vibrant life with food by learning to eat in a way that creates and promotes optimal health. In this book you will not only learn what a food addiction is and how to identify it, you will learn how to live a healthy life with food. You will learn the differences between food addiction and binge eating as well as the steps necessary to overcome and thrive.**

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