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As you'll learn in Shrink Yourself, all the diets, exercise regimens, and surgical procedures in the world will not free you from this vicious cycle. Why? Because they don't address your reasons for overeating.

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Shrink Yourself: Break Free from Emotional Eating Forever by Roger Gould. Studies show that the reason why many people gain weight—and keep it on—is emotional eating, not physical eating. Now Dr. Roger Gould, a psychotherapist and a leading authority on emotional eating, shows how to overcome fear, anxiety, and other stresses and stop using food as an over-the-counter tranquilizer that can cause weight gain.

Shrink Yourself by Gould, Roger (ebook)

Shrink Yourself: Break Free from Emotional Eating Forever ; First edition. Author: Roger Gould: Language: English: Subject: Emotional eating: Publisher: Wiley: ISBN: 978-0470044858: Shrink Yourself (2007) is a book on emotional eating by Roger Gould. In Shrink Yourself, Gould suggests that the powerlessness people feel over food cravings is a ...

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Achieve permanent weight loss and control with ShrinkYourself - Dr. Roger Gould's clinically proven digital program to control emotional eating, overeating and binge eating.

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