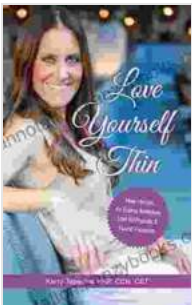


# How Broke An Eating Addiction Lost 40 Lbs Found Freedom

If you're struggling with an eating addiction, you're not alone. Millions of people suffer from this debilitating condition, which can lead to weight gain, health problems, and even death.



## Love Yourself Thin: How I Broke An Eating Addiction, Lost 40 lbs & Found Freedom by Kerry Tepedino

★★★★☆ 4.1 out of 5

Language : English  
File size : 1868 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 49 pages  
Screen Reader : Supported



But there is hope. In her new book, "How Broke An Eating Addiction Lost 40 Lbs Found Freedom," author Sarah Wilson shares her personal story of overcoming an eating addiction and losing 40 pounds. Sarah's story is inspiring and empowering, and it will give you the hope and motivation you need to break free from your own eating addiction.

In her book, Sarah shares the seven steps she took to overcome her eating addiction. These steps include:

1. **Getting honest with yourself.** The first step to overcoming an eating addiction is to admit that you have a problem. This can be a difficult step, but it's essential for recovery.
2. **Finding a support system.** Having a strong support system is essential for recovery from an eating addiction. This can include friends, family members, therapists, and support groups.
3. **Learning how to cope with triggers.** Triggers are situations or events that can lead to an eating binge. It's important to learn how to identify your triggers and develop strategies for coping with them.
4. **Challenging your negative thoughts.** Eating addictions are often fueled by negative thoughts about yourself and your body. It's important to challenge these thoughts and develop a more positive body image.
5. **Developing healthy eating habits.** Eating a healthy diet is essential for recovery from an eating addiction. This includes eating regular meals, avoiding processed foods, and getting enough fruits and vegetables.

6. **Getting regular exercise.** Exercise is a great way to reduce stress, improve your mood, and boost your self-esteem. It can also help you lose weight and keep it off.
  
7. **Taking care of your mental health.** Eating addictions are often a symptom of underlying mental health issues, such as depression or anxiety. It's important to seek professional help for these issues if you're struggling with them.

Sarah's book is a valuable resource for anyone who is struggling with an eating addiction. Her story is inspiring and empowering, and her seven steps for recovery are practical and effective.

If you're ready to break free from your eating addiction, I encourage you to Free Download your copy of "How Broke An Eating Addiction Lost 40 Lbs Found Freedom" today.

**Free Download Your Copy Today!**



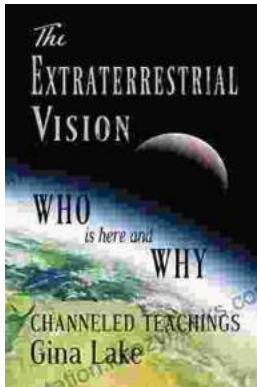
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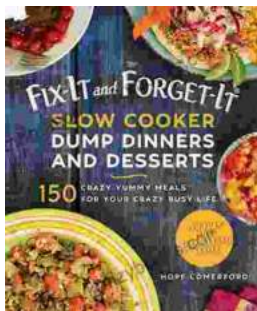
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