



## Stop Stuffing Yourself: 7 Steps To Conquering Overeating (Weight Watchers)

By Weight Watchers

MacMillan, 1998. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Weight Watchers Stop Stuffing Yourself Are you ready to gain control over food? Do you want to succeed at weight loss and maintenance? Then let Weight Watchers help show you the way. Weight Watchers Stop Stuffing Yourself gets to the heart of your overeating issues by exploring the hottest topic in weight control-- emotional overeating. If cutting calories or regular exercise hasn't been enough, the next step is understanding why you overeat. Weight Watchers Stop Stuffing Yourself can help in a number of ways: Find out how your family and childhood may have influenced how you eat todayIdentify your personal eating styleDiscover the emotions that trigger you to lose control over foodLearn how your relationships could be affecting your eating behaviorUnderstand you're not alone by reading true stories of those who have grappled with overeating, learned more about themselves, and gained control over their eatingMaster techniques and get hands-on advice forconquering,overeating, once and for allDon't give up. Winning the battle with food isn't impossible when you turn to Weight Watchers for help and guidance.



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