



Every Excuse in the Book

Sue Brennan

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Are you eating and don't know why? Do you feel that food, not you, is in control of your life? If you are searching for a 'take it or leave it' attitude toward food and want to stop the strangle hold that food has on your life, then this book is for you. Every Excuse in the Book: All the Reasons You Can't Stop Eating Long Enough to Lose Weight is an interactive workbook designed to help you identify the true causes of your compulsive eating, which later result in weight and body image issues. By focusing on the triggers that cause you to eat, it gets to the root problem things like depression, boredom, anxiety, and unattainable goals helping you to acknowledge these factors and deal with them head on. Every Excuse in the Book is a quick and applicable read that gives you more than just ways to find out why you're stuffing your face. It provides honest insight and solutions to help you finally quit making excuses and stop eating long enough to lose weight.

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